



HINCHINGBROOKE
SCHOOL
Year 8

COOKBOOK

Name: _____

Tutor Group: _____

My food lesson is on:

Week: _____

Day: _____

Lesson: _____



EQUIPMENT AND WHEN TO TAKE HOME

Please ensure you have a suitable size container to take food home in.

Needs to have **sealable lid and be watertight**

Recommended size: 2 litre tub or 20cm by 15cm



Baked goods are allowed to be taken away after lessons under teachers discretion.

Dishes that need to be chilled after cooking, need to be collected at the **end of the school day.**

Thank you for your understanding

THEORY LESSON DATES

These are the following dates you will not cook
but will have your theory lessons:

**It is important for your progress in your Food and Nutrition lessons
that you take part in ALL your practical cooking lessons.**

We understand on rare occasions there may be a reason why you are
unable to bring in ingredients. If this is the case, please can your
parent/guardian email or bring a signed note to your class teacher
with an explanation.

Thank you

INGREDIENTS FOR COOKING IN SCHOOL

We appreciate your support in ensuring your child has their cooking ingredients for their lesson. With the increasing cost of food, we have reviewed our recipes and are providing as much as we can from school.

The items are also **highlighted in bold** in each recipe

Ingredients provided by school:

<u>Recipe</u>	<u>Ingredients</u>
Stir Fry	Oil & soy sauce
Ham and cheese pinwheel	25g Lard or Trex
Christmas ginger biscuits	bicarbonate of soda, ground ginger, golden syrup & ½ a egg ** A 20p contribution would be welcome
Bolognese sauce	Tomato puree, oil, black pepper, mixed herbs
Dutch apple cake	cinnamon & brown sugar
Chicken/Veg Curry	1 tbsp cornflour, 1 tbsp oil Spices: 1 clove, 1 black peppercorn, 1 cardamom pod, 1 tsp ground cumin, 1 tsp Turmeric, 1 tsp ground cumin, 1/2 tsp chilli powder
Bread rolls	Milk, salt and warm water
Pizza	Tomato sauce, warm water, oil and salt
Energy bar	Milk
Savoury tarts	Spinach



VEGETABLE STIR FRY

Date: _____

INGREDIENTS

1 small packet of ready to wok noodles (or pre cooked dry noodles at home)

1 garlic clove

1 small red onion

1 red or yellow pepper

3 mushrooms

1 tbsp oil (from school)

1 tbsp soy sauce (from school)

1 cm fresh ginger (school will have spare)

DONT FORGET:

**Sealable/water tight box
to take stir fry home in**

INSTRUCTIONS

1. Peel and crush garlic.
2. Peel and slice the onion, this can be half moons.
3. Deseed and slice your pepper.
4. Slice your mushrooms.
5. Peel and grate ginger, and crush garlic.
6. Heat your oil in wok on Dial 4. Add the onion and wait for the sizzle, then stir.
7. Fry the onion until soft, add your remaining vegetables and stir.
8. Add your garlic and ginger, stir for another 2 minutes until everything is soft and combined well.
9. Place ready to wok noodles into container, and place stir fry on top to take home.

Equipment:

- Chopping board
- Knife
- Wok
- Garlic press
- wooden spoon
- tablespoon



MAC & CHEESE

Date: _____

INGREDIENTS

- 100g macaroni or pasta shapes
- 100g cheese
- 375ml milk
- 25g plain flour
- 25g margarine or butter

DONT FORGET:

Sealable/water tight box
to take mac & cheese
home in

Equipment:

- Saucepan with a lid
- Colander (shared between two)
- Wooden spoon & whisk
- Metal plate
- Grater
- Measuring jug(measure milk)

INSTRUCTIONS

1. Half fill saucepan of water, put on the lid. Bring water to a boil on the hob.
2. Once boiling, remove lid and put pasta into saucepan and cook until soft (*approx 10 minutes*).
3. Grate cheese.
4. Drain pasta into colander, place into container.
5. Melt the butter on a low heat, **don't let it brown or burn.**
6. Once butter is melted, remove butter from hob and add flour and whisk thoroughly. Add a little milk.
7. Return the saucepan to a low heat and add the rest of the milk **BIT BY BIT,** continuously stirring until it resembles the consistency of custard.
8. Remove from the heat and add the grated cheese, then pour over pasta and mix well.



HAM & CHEESE PASTRY PINWHEELS

Date: _____

INGREDIENTS

100g flour

25g butter or block
margarine

**25g lard or Trex (school
to supply)**

50g grated cheese

4 slices of ham (vegetarian
slices)

DON'T FORGET:

Sealable container

Equipment

Baking tray – lined with baking paper

Mixing bowl

Metal plate

Palette knife

Grater (if needed)

Measuring jug

Rolling pin

Tablespoon

INSTRUCTIONS

1. Preheat oven to 200C.
2. Line a baking tray with baking paper.
3. Cut up your ham into small pieces and grate your cheese – place in a small bowl and set aside (**DO THIS AS QUICKLY AS POSSIBLE**).
4. Place flour into a bowl. Cut lard and margarine into small pieces .
5. Rub margarine and lard into the flour.
6. Using a palette knife add 1 tbsp at a time – cold water, be careful not to add too much water.
7. On a floured surface , roll pastry out to 2mm thick. Trim off any access pastry to make it rectangle or square.
8. Sprinkle with cheese and ham. Wet edges of dough. Roll into a Swiss roll.
9. Cut into portions about 2.5cm thick and place cut end up onto a greased / lined baking tray.
10. Bake 20 mins until golden brown.



CHRISTMAS GINGER BISCUITS

Date: _____

INGREDIENTS

175g plain flour

50g margarine

80g soft light brown sugar

1tsp ground ginger (from school)

½ Egg (from school)

2tbsp golden syrup (from school)

½ tsp bicarbonate of soda (from school)

Note: 20p contribution (egg and syrup) would be welcome

DON'T FORGET: Sealable container

Equipment:

- Baking tray – lined with baking paper
- Mixing bowl
- Small bowl
- Palette knife
- Rolling pin
- Cooking rack
- Flour dredger (pairs)
- Christmas cutters-

INSTRUCTIONS

1. Preheat the oven to 190C and line a baking tray.
2. Put flour, ginger, and bicarbonate of soda into a mixing bowl.
3. Add the margarine
4. Rub the margarine into the flour mixture, using fingertips until it resembles breadcrumbs.
5. In a small bowl, beat your egg and add syrup to small bowl.
6. Add **ONLY A LITTLE BIT AT A TIME** to the flour mixture and mix together using palette knife.
7. Bring the mixture together with your hands and roll out on a floured counter top to ½ cm thick.
8. Use the cutters to make your biscuits.
9. Place on the baking parchment and bake for 12-15 minutes until golden. They will still be soft until they cool down.



BOLOGNESE SAUCE

Date: _____

INGREDIENTS

1 tbsp oil (from school)

1 tsp mixed herbs (from school)

1 tbsp tomato puree (from school)

250g minced beef or quorn

1 x 400g tin of chopped tomatoes

1 clove garlic

1 onion

1 carrot

1 stick celery

DONT FORGET:

Sealable/water tight box to
take bolognese home in.

Equipment

White Chopping board & slip mat

Sharp knife

Garlic press (leave at front)

Peeler

Saucepan

Wooden spoon

Tin opener (if needed)

INSTRUCTIONS

1. In a saucepan add a little oil if needed and start to fry your mince on a low heat (lightly browned) dial 3- 4.
2. Meanwhile, **start to cut your vegetables** with a sharp knife on a clean chopping board (& slip mat):
 - peel and crush the garlic
 - peel and chopped the carrot (smallest you can) and onion.
 - Finely dice/ chop the celery
3. Add the vegetables to the mince and continue to fry on a low heat, stirring from time to time.
4. Open your tin of tomatoes.
5. Add the tomatoes, tomato puree, mixed herbs and mix all the ingredients together.
6. Bring to the boil and simmer for 20 minutes.



DUTCH APPLE CAKE

Date: _____

INGREDIENTS

100g caster sugar

100g soft margarine

100g self raising flour

2 eggs

1 tsp baking powder

1 eating apple

1 tsp cinnamon (from school)

1 tsp demerara sugar (from school)

****PLEASE BRING IN OWN**

CAKE TIN: 15 -17.5cm size

(round or square)

Or

50p for foil dishes

INSTRUCTIONS

1. Preheat your oven to 180C.
2. Lightly grease the baking tin and place the baking parchment in the tin.
3. Put sugar and margarine into a mixing bowl and beat until light and creamy.
4. In a small bowl mix your flour and baking powder together.
5. Add your egg to the mixing bowl, then fold in your flour mix until lump free (spatula is good at this point).
6. Pour mixture into tin and smooth over.
7. Quarter and core apple. Slice thinly.
8. Arrange apple slices over cake mixture and sprinkle with demerara sugar and cinnamon mix.
9. Bake for 20 minutes, until golden on top.

Equipment:

- cake tin
- parchment for baking
- mixing bowl
- tablespoon
- sharp knife
- wooden spoon
- spatula
- chopping board & slip mat



CITRUS CHEESECAKE

Date: _____

INGREDIENTS

150g digestive biscuits

75g butter

200g cream cheese- must be

FULL FAT

150ml double cream (small pot)

50g caster sugar

1 lemon or orange or lime

Bring in 50p for FOIL DISH or a

20cm cake tin

Equipment:

- mixing bowl
- spatula
- hand whisk
- saucepan
- tablespoon
- juicer
- metal plate
- rolling pin
- grater

INSTRUCTIONS

1. Put biscuits into mixing bowl and crush them with the end of the rolling pin. Make sure it resembles breadcrumbs.
2. On a dial 2, melt the butter in a saucepan until it's liquid, **don't let it burn.**
3. Add melted butter to crushed biscuits and combine well.
4. Add biscuits to foil tray and flatten with tablespoon. Leave to one side.
5. Wash the citrus fruit and grate zest off the outside onto metal plate.
6. Half the lemon (or orange or lime), extract the juice using the juicer.
7. **In a large mixing bowl** add the cream, cream cheese, sugar, juice and zest - Whisk to soft peak.
8. Add cheese mix to dish and spread over the biscuit base using a spatula and palette knife.
9. Needs to be refrigerated so it can set.



CHICKEN/VEGETABLE CURRY

Date: _____

INGREDIENTS

- 2 garlic clove
- 2 chicken breasts or extra veg of choice
for vegetarian option
- 1 chicken or vegetable stock cube
- 100ml water
- 1 small onion
- 1 pepper
- 1 green chilli
- 1 tbsp of cornflour (from school)**
- 1 tbsp oil (from school)**
- Spices (from school)**

DONT FORGET:

Sealable/water tight box to
take curry home in.

INSTRUCTIONS

1. Collect spice mix in a small bowl.
2. On a **red chopping board**, dice up chicken into small chunks.
3. Put oil in a pan on a low heat, add the chicken and cook until chicken is white.
4. **Meanwhile**, dice the onion and peppers, crush garlic and deseed and slice chilli (**BE VERY CAREFUL CHILLI**).
5. Add vegetables, garlic and chilli and for a further 3 minutes.
6. Add spiced mix and water and crumble in stock cube in to pan - stir.
7. Bring the curry up to the boil and then simmer for 15 minutes or longer.
8. **To thicken curry** - Remove off heat and add some corn flour mixed with a little water, stir and return the curry to heat
9. Need to temperature probe the chicken to reach 75 degrees for 30 seconds.

Equipment:

- red chopping board
- white chopping board
- knife
- garlic press
- wooden spoon
- tablespoon
- teaspoon
- measuring jug



BREAD ROLLS

Date: _____

INGREDIENTS

300g Strong flour

1 (7g) sachet of yeast

25g butter or cooking oil

150ml warm water (school to supply)

Pinch of salt (school to supply)

Milk for glazing (school to supply)

DONT FORGET: Suitable container to take bread rolls home in.

INSTRUCTIONS

1. Preheat oven to 210C.
2. Line baking tray with baking paper.
3. Place flour and salt into mixing bowl.
4. Rub in butter.
5. Stir in yeast.
6. Make a well in centre and add tepid water – a little at a time.
7. Work to a soft dough first with round bladed knife/ plastic scraper and then with floured hands.
8. Turn onto lightly floured surface and knead for 5 to 10 minutes.
9. Divide into 8 equal pieces.
10. *If time, place a damp tea towel over top and allow to prove for 10 minutes.*
11. Shape each roll and place on tray, glaze if wanted.
12. Bake for 10 minutes until the roll sounds hollow.

Equipment:

Baking tray & baking paper
Glass bowl
Measuring jug
Plastic scraper
Palette knife
Damp tea towel ?



PIZZA

Date: _____

INGREDIENTS

7g quick acting yeast

225g strong bread flour

75g hard cheese or mozzarella

150ml warm water

2tbsp Tomato sauce (from school)

2 tbsp oil (from school)

1/2 tsp salt (from school)

SUGGESTED TOPPINGS:

pepperoni/ham/tuna/cooked

chicken

pineapple

mushrooms/pepper/red onion

**DON'T FORGET: Well sized
container to fit pizza slices in.**

Equipment:

- tablespoon
- pizza tray
- mixing bowl
- palette knife
- measuring jug
- knife
- white chopping board
- grater
- plastic scraper

INSTRUCTIONS

1. Preheat your oven to 200C.
2. Place flour, salt and yeast into mixing bowl and mix together with palette knife.
3. Put 150ml warm water and your oil into your measuring jug.
4. Make a well in the centre of the flour mix and add half the water in, stirring with the palette knife or plastic scraper.
5. Slowly add more water, a little at a time until a soft dough is formed- it should be sticky but not to stick to hands.
6. Lightly flour the work surface and tip out the dough.
7. Knead and stretch the dough until smooth and stretchy. This will take around 5 minutes.
8. Roll out dough to the size of your pizza tray, and then lift onto tray.
9. Spread the tomato sauce on to the pizza with the back of a spoon - not to thick.
10. Add your toppings evenly, sprinkle the cheese.
11. Bake for 15-20 minutes until the base is crisp and the cheese is melted.



CHOC CHIP ENERGY BARS

Date: _____

INGREDIENTS

125g soft brown sugar

100g soft margarine

75g plain flour

1 egg

75g oats

100g dried fruit (raisins, sultanas, cranberries)

50g chocolate chips

3 tlbsp Milk (from school)

DON'T FORGET: Suitable container to take energy bars home in.

INSTRUCTIONS

1. Preheat your oven to 180 C.
2. Grease and line baking tin.
3. Place the sugar and margarine into a mixing bowl and beat until light and creamy.
4. Beat in the egg.
5. Gently fold in the flour, oats, dried fruit and chocolate chips.
6. Use a little milk if too thick in consistency.
7. Use spatula to remove all mix into cake in. Ensure it is even.
8. Bake for 25 minutes until golden brown.
9. Cut into bar size pieces with palette knife, place in container.

Equipment:

Cake tin – grease and lined

Glass bowl

Wooden spoon

Spatula

Metal spoon

Palette knife (to portion at the end)



SAVOURY TARLETS

Date: _____

INGREDIENTS

1 pack of ready made puff pastry

1 tube of tomato puree

100g cooked chicken, pepperoni or ham (needs to be cooked at home)

8 cherry tomatoes

50g cheese

50g spinach (school to supply)

DON'T FORGET: Suitable container to take savoury tarts home in.

Top Tip:

You can put any of your favourite toppings onto these to make a delicious snack

INSTRUCTIONS

1. Preheat your oven 200 C.
2. Line two baking trays with baking paper.
3. Chop your chicken , ham or pepperoni and tomatoes into small chunks
4. Grate the cheese.
5. Roll the pastry on a floured surface to 5mm thick, unless you have the pre-rolled pastry.
6. Cut the pastry into 4 - 6 rectangle pieces.
7. Score 1cm line from the edge, do not cut all the way through.
8. Place the pastry squares onto the trays.
9. Spread the tomato puree on the centre of them.
10. Add the chicken, spinach and tomatoes
11. Sprinkle the cheese.
12. Cook for 15-20 minutes until well risen and golden brown.

Equipment:

- Baking tray
- Chopping board
- Slip mat
- Metal plate
- Vegetable knife
- Grater
- Rolling pin
- Flour dredger

