

Year 8

Name:

Form:

Technology group:

The

St Peter's School

COOK

BOOK

Key words and meanings

- mise en place—routine of washing hands, hair tied up, work surface washed, equipment and ingredients prepared.
- Sieve— used to get lumps out of flour
- Palette knife— round edged knife
- Simmer— heating food so that it bubbles but does not boil
- Marinade— a mixture of oil, herbs and seasoning to cover meat and add flavour
- Garlic press— crushes garlic into tiny pieces
- Colander— bowl shaped with holes to drain liquid from food e.g draining pasta
- International dish— a dish inspired by a country from around the world



Intro

To Year 8,

The recipes in this book are a starting point to give you ideas. Please feel free to practice these recipes at home and to adapt them to your own personal taste.

1. Remember to ask your parents/carer when you need ingredients and to give them plenty of notice. Please bring your booklet to lessons to write down dates for ingredients
2. Remember to bring a tea towel and Container to practical lessons.
3. Choose healthy ingredients that are low in fat, sugar and salt and include plenty of fruit and vegetables.
4. Let your teacher know if there are any issues with getting ingredients.
5. Be creative and enjoy cooking! Try something new and exciting!

There is a table on the back to note down the recipes you have tried at home

Stir Fry

Prep time

20 minutes

Cook time

10 minutes an
extra 3-4
minutes if
noodles used.

Equipment

Chopping boards
(vegetable and meat)
2 Knives
Frying pan

Ingredients

1

Small chicken breast

1

onion

1

carrot

1 tablespoon

Light Soy sauce

1 teaspoon

Chinese five spice

Optional extras

Handful of beansprouts

2 mushrooms

1/4 pepper

4 baby corn

A tablespoon sweetcorn

4 spring onions

1 portion of noodles or 100g
rice



Date ingredients needed:

Here's how

- 1 Complete mise en place routine (washing hands, hair tied up, work surface washed, equipment and ingredients prepared).
- 2 If using noodles boil the noodles in a saucepan of water. Whilst the noodles are cooking or without using noodles cut the chicken into strips
- 3 Prepare the vegetables with a separate knife and chopping board by washing, (peeling if necessary) and chopping the vegetables into small bitesize pieces
- 4 Heat the soy sauce in the frying pan, then add the vegetables and chicken. Stir fry all of the ingredients for 3-4 minutes. Check that the chicken is cooked properly, that it is white all the way through.
- 5 When the noodles have cooked drain them and add them to the frying pan covering them in the soy sauce. Once all the ingredients are cooked take off the heat and serve.

Have you tried a
spiralised vegetable stir fry?



Have you tried making carrot cake
truffles?

Pitta Pizza

Prep time
10 minutes

Cook time
12 minutes

Equipment
Chopping board
Knife
Grater
Butter knife
Baking tray

Ingredients

250g

Medium cheddar

2

Wholemeal pitta bread

175g

Tomato puree

Optional extras

A handful peas or tinned sweetcorn

1 bell pepper

200g closed cup white mushrooms cleaned and sliced

170g cherry tomatoes

1/2 iceberg lettuce shredded



Date ingredients needed:

Here's how

- 1 Complete mise en place routine (washing hands, hair tied up, work surface washed, equipment and ingredients prepared).
- 2 Preheat the oven to 200c/gas mark 6
- 3 Cut the pittas in half horizontally and put onto baking tray. Spread the tomato puree over the pitta halves.
- 4 Grate your cheese, sprinkle evenly on the halves and then add your optional extras.
- 5 Remember to add cheese on top to avoid extras being burnt e.g ham
- 6 Cook in the oven for 10-12 minutes until the cheese has melted. Be careful not to burn the edges of the pitta.



Have you tried making pitta pizza face?

Spaghetti Bolognese

Prep time
5 minutes

Cook time
20 minutes

Equipment
Two Saucepans
Wooden spoon
Colander

Ingredients

1 Onion	1 can Chopped tomatoes
1 Clove garlic	150g Spaghetti
1 Carrot	100ml water
15ml Tomato puree	1 pinch Black pepper and mixed herbs
15ml Oil	
250g Minced beef	



Date ingredients needed:

Here's how

- 1 Complete mise en place routine (washing hands, hair tied up, work surface washed, equipment and ingredients prepared).
- 2 Prepare the vegetables:
 - peel and chop the onion
 - Peel and crush the garlic
 - Peel and slice the carrot
- 3 Break the spaghetti in half and boil in water in the saucepan.
- 4 Fry the onion, garlic and carrot in the oil in a frying pan.
- 5 Add the mince and cook until it is lightly brown
- 6 Add the tomato puree, chopped tomatoes, black pepper and water
- 7 Bring to the boil and simmer for 15 minutes
- 8 When the spaghetti is cooked, drain the water using a colander
- 9 To serve the spaghetti Bolognese place the spaghetti first and then add the sauce from the frying pan

Chicken fajitas

Prep time
20 minutes

Cook time
10 minutes

Equipment
Red Chopping board
Knife
Small glass bowl
Non stick frying pan
Lemon juicer
Garlic press

Ingredients

1
Small chicken breast

2
tortillas

1
Bell pepper

1x10ml spoon oil

1
Clove of garlic

1/2 lime

25g
Grated cheese

Small bunch
Coriander



Date ingredients needed:

Here's how

- 1 Complete mise en place routine (washing hands, hair tied up, work surface washed, equipment and ingredients prepared).
- 2 Prepare the vegetables:
 - Peel and chop onion
 - Peel and crush the garlic
 - Chop and deseed the pepper (the pepper needs to be diced)
- 3 Dice the chicken with a separate knife and using a separate chopping board (red board)
- 4 Fry the onion and pepper in the oil for 5 minutes in a frying pan on the hob.
- 5 Add the garlic, turmeric and paprika and cook for a further 2 minutes
- 6 Add the diced chicken and cook until it turns white.
- 7 Boil the water in the kettle, add the stock cube to the measuring jug and when the water is boiled add it to the stock and stir until dissolved.
- 8 Pour in the stock and rice and boil, allow to simmer for 15 minutes
- 9 Stir in peas and sweetcorn and cook until majority of the water has been boiled

International dish

As part of your assessment you will need to select one of the countries to research and make the traditional dish of that country.



-Please remember that it may be difficult to get some ingredients especially if they are specific to the country you have researched. Be careful to check the measurements of the recipe e.g American recipes use cups and will need converting.

- The recipe you choose needs to be simple and the dish made easily in 40 minutes (as it is an hour lesson and you will need time to present your dish and wash up).

Date ingredients needed:

Here's how you will be assessed

- 1 You will be asked to make a 5 minute presentation showing the research of your chosen country.
- 2 Your research needs to include what food is grown and eaten, whether the country has special festivals or events associated with food and which ingredients are traditionally used.
- 3 You will be assessed on the practical dish you make based on your chosen country. You will be marked on presentation, relevance to the country and independence (therefore please do not choose a recipe which is too challenging).
- 4 Do not worry! This is a fun task allowing you to show your skills and experiment with different ingredients and flavours.

Cooking at home

Date	Dish made	Witness name and signature	Comments (adaptations to be

Cooking is all about trying new things and experimenting with new ingredients and flavours!

