

Year 9

Name:

Form:

Technology group:

The

St Peter's School

COOK

BOOK

Intro

To Year 9,

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.
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

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



Bread rolls

Prep time

25minutes

30 minutes to
prove

Cook time

15minutes

Equipment

Mixing bowl

Baking tray

Flour dredger

Palette knife

Greaseproof paper

Ingredients

250g

strong flour

1 tsp

Salt

7g

pack fast action dried yeast

1 tsp

Sugar

150ml

warm water

To add flavor:

Sesame seeds

100g grated cheddar
cheese

Poppy seeds



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 gas mark 7, 220°C, fan 200°C. Add the greaseproof paper to baking tray. Sift the flour and salt into a mixing bowl, before stirring in the yeast and sugar.
- 3 Make a well in the middle and add the warm water, before mixing it together to form a soft dough. Sprinkle flour onto a work surface using the flour dredger, then tip the dough out
- 4 Knead the dough by pushing down into the middle to flatten it out, then folding it in half and pushing down into the centre again. Continue kneading the dough for around 10 minutes.
- 5 Divide the dough into four pieces and shape them with your hands into rolls, before placing them on the baking tray. Cover the rolls with clingfilm or a damp tea towel and leave to prove for 30 minutes in a warm place until they double in size.
- 6 Put the rolls in the oven and bake for 10 to 15 minutes until they're golden brown.



Have you tried using spoiled bananas to make banana bread?

Mighty muffins

Prep time
10 minutes

Cook time
15-18 minutes

Equipment
Muffin tray
Muffin cases
Mixing bowl
Savoury- grater, chopping board, knife
Measuring jug

Ingredients

250g

Self raising flour

1x5ml spoon

Bicarbonate of soda

200ml

Skimmed milk

2

Medium eggs

85ml

oil

Savoury muffins:

1-2 slices ham

3 spring onion

100g cheddar cheese

Sweet muffins:

100g caster sugar

150g fruit e.g strawberries, blueberries, frozen berries, precut pineapple.



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 or gas mark 6. Put the muffin cases into the muffin tray.
- 3 Mix together the flour and bicarbonate of soda in the mixing bowl
- 4 Measure the milk and oil in the measuring jug. Add the eggs to the milk and whisk everything together with a fork.
- 5 Prepare the other ingredients:
Savoury muffins
Chop the ham and onions, and grate the cheese
Sweet muffins
Stir the sugar into the flour and cut fruit if required
- 6 Stir the milk into the flour until combined and add fruit or savoury ingredients.
- 7 Spoon the mixture evenly into the 12 muffin cases. Bake for 15-18 minutes, until risen and golden.

Mini quiches

Prep time
40 minutes
(preparing
pastry from
scratch)

Cook time
10 minutes

Equipment
Pastry cutter
Mixing bowl
Sieve
Tablespoon
Palette knife
Measuring jug
Bun tray

Ingredients

1

Egg

100g

Grated cheese

25ml

Milk

100g

Plain flour

50g

Hard margarine

2 tablespoons

Water

Optional Extras:

2 slices of ham

2 medium spring onions

Tablespoon sweetcorn

1 teaspoon of chives (dried
or chopped)



Date ingredients needed:

Here's how

- 1 Complete mise en place procedure (washing hands, hair tied up, work surface washed, equipment and ingredients prepared).
- 2 Sieve the flour into a mixing bowl and rub in the margarine with your fingertips until it looks like breadcrumbs.
- 3 Add the water and mix to make a dough using a palette knife. Use your hands to form the dough into a ball. Remember to handle the pastry as little as possible.
- 4 Sprinkle flour onto a clean surface and roll out the dough to 2mm thick. Cut into rounds using 6-8 cutter (large cutter). Place pastry rounds into bun tins, shaping them to the tin.
- 5 Prepare your choice of filling, remember that each piece needs to be small to fit into the pastry cases. Beat the egg and milk together.
- 6 Sprinkle the cheese into the bottom of the pastry case and other fillings and carefully pour a small amount of the egg and milk mixture on top. Do not fill the cases too much as the egg and milk mixture will boil over.
- 7 Add cheese on top and bake in a preheated oven fan 200 degrees/ gas mark 6 for 15 minutes. When golden remove quiches from bun tray and place on a cooling



Have you tried combinations such as mushroom and asparagus? Bacon and pepper? Or pepperoni and spinach?

Profiteroles

Prep time

15minutes

Cook time

25 minutes

Equipment

Saucepan

Wooden spoon

Piping bag

Greaseproof paper

Ingredients

50g

Butter

150ml

Water

100g

Strong plain flour

30g sugar

2

medium eggs

In lesson you will not have time to fill with cream but if you are quick you could add the chocolate sauce



Date ingredients needed:

Here's how

- 1 Complete mise en place procedure (washing hands, hair tied up, work surface washed, equipment and ingredients prepared).
- 2 Place butter in water and melt over gentle heat, then bring to boil. Once boiling, remove from heat and stir in sugar and flour.
- 3 Return to heat, stirring until mixture forms a ball in middle of pan. Transfer to a large bowl to cool.
- 4 Thoroughly beat the eggs into the cooled mixture, a little at a time with a wooden spoon or electric whisk
- 5 Put piping nozzle into the piping bag. Spoon the mixture into the piping bag.
- 6 Add water to the greaseproof paper and place onto the baking tray. Pipe your profiteroles and place into the oven. Bake for 15 minutes.

You can make a runny chocolate sauce by melting 100g of chocolate and double cream in a heatproof bowl over boiling water in a saucepan or a thicker one by just melting the chocolate over the top of the choux pastry.

To fill you can pipe cream into the base of the choux (when cool) or cutting the choux in half like a scone.



Have you tried white chocolate and strawberry? Filled with custard and greek yoghurt.

Toad in the hole dinner

Prep time

10 minutes

Cook time

35-40minutes

Equipment

Foil

Baking tray

Saucepan

Small glass bowl

Fork

Measuring jug

Ingredients

2

Sausages

1

large potato (remember to bring milk and butter if making mash)

1

carrot

1 tin

peas or sweetcorn

10ml

Vegetable Oil

1

Egg

100g

Plain flour

75ml

Milk

Optional extras:

Gravy granules (you wont have time in lesson to make it from scratch)

Please bring a foil container to cook the toad in the hole in the oven



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 180degrees/gas mark 4. Prepare the batter by measuring out the milk into the jug, then crack the egg into the jug (remember to bin the eggshells). Using a fork whisk the egg and milk together.

Add the flour to the jug and continue to whisk with the fork (you need lots of air bubbles into the mixture). Put the two sausages into the middle of the foil container. Pour the batter from the jug around the edges of the sausages and in between.

- 3 Place your foil container onto the tray and cook for 30 minutes. In the meantime, if doing crispy potatoes peel and cut the potato into small 1cm cubes, cover in oil and wrap in tin foil. Place the wrapped potato onto the same tray. For mash boil potatoes in water on the hob until soft.
- 4 Whilst the potatoes and toad in the hole are cooking, peel and cut your carrots into batons and place in a saucepan (if you want to keep them raw do not boil).
- 5 Open the can of vegetables, drain and add to the saucepan with the carrots. Cover in water and boil.
- 6 Check the toad in the hole and potatoes at regular times, open up the foil of the potatoes so that they begin to crisp. When the toad in the hole is cooked thoroughly golden brown and risen, potatoes golden and crispy and vegetables cooked until soft then serve.

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!

