

# Campion School



# Year 8

# Reci-

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## Cooking and Nutrition

**Name:** \_\_\_\_\_

# Cous Cous Salad

## Ingredients:

250ml water, boiling  
1 x vegetable stock cube  
200g couscous  
½ red pepper  
¼ green pepper  
2 tomatoes  
4 spring onions  
200g canned sweetcorn  
100g cooked chicken  
50ml salad dressing

## Salad Dressing

3 parts olive oil  
1 part vinegar/lemon juice  
Pinch salt  
Pinch sugar  
Pinch pepper  
1/4 tsp Dijon mustard

## Equipment:

Kettle, measuring jug, fork, mixing bowl, green chopping board, yellow chopping board, knife

## Method:

1. Boil the kettle
2. Crumble the stock cube into the measuring jug
3. Pour the boiling water in and stir the stock until it has dissolved.
4. Pour the stock over the couscous in the mixing bowl.
5. Cover with a clean tea towel and leave to stand for at least 5 minutes.
6. Prepare the vegetables:
7. Chop the chicken
8. Add all the vegetables and chicken to the couscous.
9. Pour the dressing over the couscous and stir everything together.



# Bolognese Sauce

## Ingredients:

1 onion  
1 clove garlic  
1 green pepper  
4 mushrooms  
10ml Oil  
250g minced beef  
1 can chopped tomatoes  
Tomato puree  
100ml water  
1 beef stock cube  
Tsp mixed herbs  
Salt and pepper



## Equipment:

Green chopping board, knife, saucepan, wooden spoon, can opener, measuring jug

## Method:

1. Peel and chop the onion
2. Peel and crush the garlic
3. Chop the green pepper finely
4. Slice the mushrooms
5. Heat the oil in a saucepan
6. Fry the onion and garlic for 2 minutes until translucent
7. Add the mince and fry gently until brown all over
8. Add the mushrooms and green pepper and fry for a further 2 minutes
9. Crumble in the stock cube
10. Add the mixed herbs
11. Add the tinned tomatoes, tomato puree and 100ml of water
12. Season with salt and pepper to taste.
13. Simmer for at least 20 minutes

### Chilli

Turn this into a chilli by swapping the herbs for chilli powder and adding a tin of kidney beans as it is simmering.

# Fish Nuggets

## Ingredients:

100g fish e.g. cod/salmon  
50g Cheddar Cheese  
2 slices of bread  
1 egg  
30g plain flour  
1 small potato  
20ml Oil  
Salt\*  
Pepper\*



## Equipment:

Green Chopping board, Bluea Chopping board, knife, grater, food processor, mixing bowl, jug, fork, baking tray, foil

## Method:

1. Preheat the oven to 200°C or gas mark 6.
2. Line the baking tray with foil.
3. Slice the potato into wedges.
4. Put the potato wedges onto the baking tray and pour the oil over.
5. Season with salt and pepper and mix thoroughly.
6. Bake for 30-40 minutes.
7. Pulse the bread in the food processor to create breadcrumbs.
8. Grate the cheese.
9. Mix the breadcrumbs and the cheese together in a bowl.
10. Crack the egg into the jug and whisk with a fork.
11. Place the flour in another bowl.
12. Slice the fish into nuggets
13. Dip the fish into the flour, then the egg, then roll it in the breadcrumb mixture.
14. Add the fish to the baking tray for the last 20 minutes of the cooking time.

# Chicken Chow Mein

## Ingredients:

- 4 tbsp. soy sauce
- 4 tbsp. water
- 2 tbsp. brown sugar
- 1 raw chicken breast
- 1 nest straight to wok noodles
- 10ml oil
- 1 clove garlic
- 4 spring onions
- 1/2 red pepper
- 75g baby corn
- 125g bean sprouts
- 125g sugar snap peas



## Equipment:

- 2 chopping boards, 2 knives, small bowl, frying pan, wooden spoon

## Method:

1. Prepare the marinade by mixing the soy sauce, water and sugar together in a small bowl.
2. Cut the chicken into strips.
3. Mix chicken in the marinade
4. Clean your knife
5. Prepare the remaining ingredients with a clean knife on a clean chopping board
  - slice the spring onions
  - finely chop the garlic
  - slice the red pepper
  - chop the baby corn
  - chop the sugar snap peas
6. Add the oil, marinated chicken, garlic and spring onion to the wok and stir-fry for until the chicken is white.
7. Add the red pepper, baby corn and sugar snap peas and stir-fry for 3 minutes.
8. Add the beansprouts, noodles and left over marinade then stir-fry for 2 minutes.
7. Check that the chicken is cooked.

### **Change the marinade to make a different style of stir fry e.g. Sweet and Sour**

- 4 Tbsp. ketchup
- 2 Tbsp. soy sauce
- 1 Tbsp. rice vinegar or cider vinegar
- 1/2 Tbsp. corn flour

# Thai Chicken Curry

## Ingredients:

1 x 10ml spoon oil  
3 spring onions  
1 clove of garlic  
80g sugar snap peas  
1 small chicken breast  
2 x 15ml Thai green curry paste  
200ml coconut milk  
1/2 lime

## Equipment:

Green and red chopping boards, green knife, frying pan, wooden spoon, can opener, fork.

## Method:

1. Chop the spring onion, garlic and sugar snap peas.
2. Chop the chicken.
3. Fry the spring onions, garlic and chicken in the oil.
4. Stir in the green curry paste.
5. Add the sugar snap peas.
6. Pour in the coconut milk and simmer for 15 minutes.
7. Squeeze the lime and pour over the curry.
8. Serve.



# Chocolate Brownies

## Ingredients:

45g (1½oz) plain chocolate ( broken into squares)

75g (3½ oz) butter

63g (2oz) plain flour

7g (2tbs) cocoa powder

¼tsp of baking powder

½tsp of vanilla extract

150g (5oz) soft brown sugar

1 egg

Small pinch of salt

## Equipment:

Wooden spoon, Greaseproof paper, Scissors, Pencil, Baking tin, 1 x Glass bowl, 2 x bowl, fork

## Method:

1. Preheat oven to 180C or Gas Mark 4
2. Grease and line cake tin if needed
3. Prepare three bowls
4. Glass bowl 1 – chocolate pieces and butter
5. Bowl 2 – flour, cocoa powder, baking powder and salt
6. Bowl 3 – beat the egg, sugar and vanilla together with a fork
7. Melt the chocolate
8. Add the flour bowl and the egg bowl to the chocolate.
9. Mix until smooth
10. Pour into tin
11. Bake for 15-20 mins
12. Allow it to cool in the tin before cutting into squares.





# Bread

## Ingredients:

200g strong flour  
5g yeast  
1 tsp oil  
150ml warm water  
½ tsp salt  
½ tsp sugar



## Equipment:

Baking tray, pastry brush, weighing scales, mixing bowl, measuring jug, palette knife

## Method:

1. Pre-heat the oven to Gas 7/220c
2. Place a piece of grease proof on the baking tray
3. Put the 200g flour into a mixing bowl.
4. Add the salt (½ tsp), sugar (½ tsp), oil (1 tsp) and dried yeast (5g). Be careful not to let the yeast touch the sugar or salt.
5. Mix all ingredients together.
6. Measure 125mls of WARM water. Add this to the flour mixture slowly and mix until it forms a soft dough. You may not need all the water.
7. Place the dough on a table and knead for 5 - 10 mins.
8. Divide the dough into 6-8 equal portions and shape as needed.
9. Leave the bread to rise for 10 min
10. Place the baking tray in the oven for 12 - 15 mins.



# Sausage Rolls

## Ingredients:

1 x pack of Ready Rolled Puff Pastry  
4 Sausages  
½ Onion  
1 Egg  
30g Plain Flour  
6 leaves of Fresh Sage  
Salt  
Pepper

## Equipment:

Mixing bowl, grater, metal spoon, knife, pastry brush, measuring jug, fork, baking tray, greaseproof paper, green chopping board, sharp knife

## Method:

1. Preheat the oven to 220°C/ Gas Mark 7
2. Line baking tray with greaseproof paper
3. Chop sage
4. Top & tail then peel and grate in the onion into the bowl.
5. Squeeze the sausage meat into a bowl. Wash hands.
6. Add the onion, sage and a pinch of salt and pepper.
7. Mix together well, with metal spoon.
8. Divide the mixture in half.
9. Unroll your pastry and leave it flat on the plastic sheet.
10. Cut the pastry in half length ways.
11. Place half the sausage mixture in the middle.
12. Roll and fold the pastry over.
13. Chop into 8 pieces and place on the baking tray.
14. Stab the top of the sausage roll to create a hole to release the steam.
15. Repeat steps 11-14 with the other half of the pastry.
16. Glaze with the egg.
17. Bake for 20 minutes until golden and crispy.
18. Check the meat is cooked by a visual inspection



# Vegetarian Sausage Rolls

## Ingredients:

- 1 pack of puff pastry – ready rolled
- 2 slices of bread made into breadcrumbs
- 85g cheddar grated
- 1 onion grated
- Fresh sage finely chopped
- Salt and pepper
- 1 egg or milk for glazing and binding



## Equipment:

Mixing bowl, grater, metal spoon, knife, pastry brush, measuring jug, fork, baking tray, greaseproof paper, green chopping board, sharp knife

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## Method:

1. Preheat the oven to 220°C/ Gas Mark 7
2. Line baking tray with greaseproof paper
3. Chop sage
4. Top & tail then peel and grate in the onion
5. Make the breadcrumbs
6. Grate the cheese
7. Combine the breadcrumbs, cheese, onion, sage, salt and pepper in the bowl
8. Add half of the beaten egg and mix well.
9. Divide the mixture in half.
10. Unroll your pastry and leave it flat on the plastic sheet.
11. Cut the pastry in half length ways.
12. Place half the cheese mixture in the middle.
13. Roll and fold the pastry over.
14. Chop into 8 pieces and place on the baking tray.
15. Stab the top of the sausage roll to create a hole to release the steam.
16. Repeat steps 12-15 with the other half of the pastry.
17. Glaze with the remaining egg.
18. Bake for 15 minutes until golden and crispy.