

## Year 8 Recipe Index

To accomplish practical lessons. Please ensure you have everything you need ready to go, this will be part of your homework.

- **A clean black apron, hair band** (if required) and a **suitable container** to transport your food home.
- Always come with all ingredients weighed and measured.
- Bring your ingredient to B10 before tutor line up
- **Mise en place** (prepare in advance) - Look at the recipe these are the ingredients you will prepare at home in advance. Ingredients must not exceed 1-2 portions in total; weighed, drained, cut, and cooked ready to go as per recipe.
- Chop vegetables small and even sized to cook quickly.
- Cook any optional protein you wish to add to the recipe you will be making in class (homework).
- Only bring what you are going to use so no ingredients are left over to store or waste.

Should there be any problems or concerns in providing ingredients for the practical lessons, please get in touch with Ms Green - [dgreen@johnmadejskiacademy.co.uk](mailto:dgreen@johnmadejskiacademy.co.uk)

**Recipes are designed to swap ingredients with what you have at home to ensure there is no additional expense to food shop. You can adapt each recipe to suit your needs, please ask if you are unsure. Allergen Alert – Reminder we have a no nut policy**

### Practical 1 – Savoury rice

#### Ingredients

- ½ Onion – **Bring whole to prepare in class**
- 80g-Choice of vegetables you like
- 100g Rice – any rice you have
- 1 Any stock cube - chicken or vegetable
- 1 x 5ml spoon Curry powder
- Optional – 1 portion **cooked** protein

**Remember to bring your black apron, hair band and suitable container to transfer food home.**

### Mise en place – Savoury rice

**You can use any vegetable you like or have at home. Bring them prepared- evenly size cut, drained and ready to go.**

**Bring the onion whole and prepare other vegetables at home.**

- 3 Mushrooms – **thinly sliced**
- ½ Green, yellow, orange or red pepper – **small dice**
- 1 Carrots – **small dice**
- 1 Tomato – **small dice**
- 50g Frozen – peas, sweetcorn or mixed vegetables
- Optional **cooked** protein – Chicken, Sausage, Quorn, Tofu – **cooked and chopped**

### Practical 2 – Omelette / Breakfast wrap

#### Ingredients

- 2 eggs
- Fillings (optional choose what you like)
- 50g Cheese – any cheese
- 50g Choice of vegetables you like
- Optional**
- Cooked** protein
- 1 Tortilla wrap

**Remember your container/foil and clean black apron.**

### Mise en place – Omelette / Breakfast wrap

Filling options -

- ½ Onion or 2 spring – **small dice**
- 2 mushrooms – **sliced thinly**
- ½ Peppers – red, green or yellow – **small dice**
- 1 Tomato – **small dice**
- Cooked potatoes – **sliced / diced.**
- 50g Cheese
- Tortilla wrap (to turn into a breakfast wrap)
- Herbs, spices and seasonings of your choice.

**Optional protein must be cooked**

### Practical 3 – Cheesy pasta bake

#### Ingredients

- 100g Pasta – any you have **cooked**
- 40g Cheese - **Grated**
- 25g Butter or soft spread
- 25g Plain flour
- 250ml Milk
- 5g Dried herbs
- 50g Sweetcorn (canned or frozen) or Broccoli
- 1 portion of **cooked** protein - Turn page for options
- Remember to weigh all ingredients at home and cook any protein you want to add.**

### Mise en place – Cheesy pasta bake

**Prepare pasta, vegetables and meat at home and to bring an oven proof dish and your apron.**

- Any pasta - penne, rigatoni, fusilli, shells - **Cooked**
- Vegetables -
- 50g sweetcorn (canned or frozen)
- 50g frozen or cooked fresh broccoli - **cut small**
- Protein - **Cooked**
- 100g canned Tuna, 1 Chicken breast, 100g Sausage, 100g Quorn, 100g Tofu or 100g Lentils.

Dried herbs – mixed, basil, oregano, parsley

### **Practical 4 - Curry**

#### Ingredients

1 Onion – **Diced small**  
2 Tomatoes - **chopped**  
1 Garlic glove - **Diced small / grated**  
2x15ml spoons - favourite curry paste, rub or spices  
200g can chopped tomatoes  
1 Stock cube  
Choice of protein - turn page for options

**Remember to chop the vegetables and weigh ingredients at home and to bring your container and apron.**

### **Mise en place - Curry**

Prepare vegetables at home diced small to cook quickly

Choice of protein – **Raw**

1 Chicken breast  
150g Beef, lamb, turkey mince  
150g Quorn  
150g Tofu  
150g Lentils  
150g Chickpeas

Use your favourite Curry paste / rub / spices

### **Practical 5 – Quick Pizza**

#### Ingredients

150g self raising flour  
40g butter  
100ml milk  
150g – 200g **Grated** cheese  
80g Tomato base sauce/tomato puree + 3g mixed herbs  
Vegetables of your choice (at least 1)  
Optional – cooked meat

**Remember to weigh all ingredients and bring your container and clean black apron.**

### **Mise en place – Pizza**

Prepare vegetables – sweetcorn, peppers, onions, mushrooms, tomatoes, jalapeno,

#### Optional flavourings

BBQ sauce for base

Fresh basil

1 Ball mozzarella cheese

**Cooked** meat - pepperoni, chicken, ham...

**Remember to prepare any topping or flavoring at home ready to go.**

### **Practical 6 – Mince dish**

#### Ingredients – Bolognese

1/2 Onion – **chopped small (size of pea)**  
1 Garlic clove – **chopped small/grated**  
1/2 Carrot – **chopped small (size of a pea)**  
1/2 Celery stick - **chopped small (size of a pea)**  
100g Mince – any **Raw**  
400g Chopped tomatoes  
15g Tomato puree  
1 stock cube  
5g mixed herbs and any other seasonings you like  
100g **cooked** pasta – any

#### **OR**

#### Ingredients - Chilli / Taco / Burrito

1/2 Onion - **chopped small (size of pea)**  
1 Garlic clove - **chopped small / grated**  
1/2 Green pepper - **chopped small (size of pea)**  
100g Mince – any **Raw**  
1 Stock cube  
400g Red kidney beans  
15g Tomato puree  
400g Chopped tomatoes  
5g Chilli powder / taco mix / Mexican mix, ground coriander / ground cumin

### **Mise en place – Mince dish**

#### **Bolognese or Chilli or Taco or Burrito**

**Prepare vegetable at home small dice (peas size) to cook quickly**

#### **Optional –**

Bring 50g rice or 50g pasta or 1-2 taco shells or 1-2 tortilla wrap to go along with your choice of mince dish.

20g grated cheese – for topping