

Year 9 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

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 – Rice dish

Risotto

150g Rice – any rice you have
1 Stock cube – chicken or vegetable
25g **grated** cheese
1/2 Onion – **bring whole**
150g Vegetables – anything you like - **chopped small**
Optional: Choice of **cooked** protein

OR

Caribbean style BBQ beans

150g Rice – any rice you have
1/2 Onion – **bring whole**
1 Garlic clove – **chopped small**
30g Cheese – **grated**
250g Mixed beans
30g Tomato puree
1 Vegetable stock cube
5g Caribbean / jerk seasoning
50g BBQ sauce
40g Spinach
20g Butter

Mise en place – Risotto / Caribbean style BBQ beans

150g vegetables cut small to cook quickly.

Bring onion whole to prepare in class, additional vegetables prepare at home.

Frozen peas, Frozen mixed vegetables

Sweetcorn – tinned or frozen

Carrot – **Cut to pea size**

Green beans

Broccoli – **small florets**

Peppers – **chopped**

50g Mushrooms – **sliced thinly**

Rice - any rice you have at home – Long grain, Risotto, Brown, Basmati, Jasmine – **uncooked**

Choice of proteins (must be cooked)

Bacon, Cooked Chicken breast, Cooked Sausage, Tofu, Quorn

Remember your black apron and a suitable container.

Practical 2 – Stir fry

Ingredients

1 Carrot – **bring whole**
50g Sugar snap peas – turn page for alternatives.
½ Pepper – **sliced thin**
½ Onion / 1 spring onion – **sliced thin**
1 Garlic clove – **chopped small**
50g Noodles or Pasta – **cooked**
1 tbsp Oil
2 Mushrooms – **sliced thin**
½ tsp Sugar
2 tbsp Soy sauce
Optional - choice of sauce – turn page for idea
Optional - fresh ginger – **grated**
Optional - choice of protein – **Cooked**

Remember to prepare ingredients at home and bring your black apron and container.

Mise en place – Stir fry

Bring a whole carrot and mise en place (prepare) other vegetables you have / what you like at home.

Onion/ spring onion – **sliced thinly**

2 Mushrooms – **sliced thinly**

½ Pepper – red, yellow, orange, green – **sliced thinly**

Courgette – **sliced thinly / ribbons**

Broccoli – **small florets**

Cabbage – **sliced**

50g Sugar snap peas, Green beans, Mangetout, Spinach, Bok choy, Cabbage, Bean sprouts

You can use any pasta/noodles you have – **cooked**

Optional protein 1 portion – **must be cooked**

Chicken, beef, pork, tofu, Quorn pieces - **sliced**

Choice of sauce - Tomato (chopped tomatoes),

Teriyaki, Black bean, Hoisin, any sauce you have / like

Practical 3 - Cottage pie

Ingredients

1 small Onion – **peeled and chopped**
1 Garlic clove – **chopped**
1 Carrot – **peeled and chopped**
1 Celery stick – **chopped**
200g minced Beef or suitable alternative
15g tomato purée
1 stock cube
3-4 potatoes or parsnips – **peeled and chopped**
20g Cheese – **grated**

Mise en place - Cottage pie

Protein and alternatives –

200g Minced beef, turkey, lamb, chicken
200g Lentils
200g Quorn mince
200g Tofu mince
200g Other suitable alternatives – Beans / Pulses

Mash topping

Potatoes, Sweet potato, Carrot, Swede, Parsnip
Remember chop the vegetables and weigh all ingredients at home and to bring an oven proof dish and your apron.

Practical 4 - Vegetable pasty

Ingredients

200g Plain flour
100g Butter/ spread
1 Egg

Prepare and cook filling at home -

1/2 Potato – **peel and dice small and cook**
1/2 Carrot – **peel and dice small and cook**
1/2 Onion – **peel and dice small and cook**
25g Peas (frozen)
15g spoon fresh or dried herbs/spices

Remember to weigh all ingredients and to bring your apron and container.

Mise en place - Vegetable pasty

Make your filling at home and bring the ingredients for the pastry to make in school.

Filling – you can use any vegetables you have at home to make your filling.

Cook - 1/2 Potato, 1/2 Carrot, 1/2 Onion – **peel and dice small add** 25g Peas (frozen) and your favourite seasoning, herbs/spices mixed together.

Cook - 1/2 Potato, 1/2 Onion – **peel, dice small and cook, add** 50g cheese and your favourite seasoning, herbs/spices mixed together.

Optional cooked protein

Practical 5 - Dutch fruit cake

Ingredients

100g Caster sugar
100g Butter or soft baking spread
2 Eggs
100g Self raising flour
50g-100g Fruit of choice (dried, tinned, fresh or frozen)
5g Choice of flavouring

Remember your oven proof dish / cake tin / foil container, a suitable container to take home and your apron

Mise en place - Dutch fruit cake

Weigh all ingredients at home. Please do not come to class without weighing up beforehand.

Fruit options can be fresh, frozen, tinned or dried. If you are using tinned fruit open, drain and cut fruit at home.

Fruit options - Apple, Pear, Cherries, Peach, Pineapple, Banana, Berries – blackberry, blueberry, mixed berries, raspberry

Raisins, Sultanas, mixed fruit.

Choice of flavouring – Cinnamon, Vanilla, Lemon, Orange

Practical 6 – Street food - Thai green Curry

Ingredients

3 Spring onions - **sliced**
1 clove of Garlic - **chopped / grated**
80g Sugar snap peas
1 Chicken breast / Quorn / Tofu - **RAW** cut into chunks
2 x 15ml Thai green curry paste
200ml coconut milk
1/2 lime

Remember at home to weigh all ingredients, chopped vegetables and cut the chicken into chunks.

Mise en place – Street food

Protein

Chicken breast, Tofu, Quorn or other suitable alternatives

80g Vegetables

Sugar snap peas or green beans or mangetout
Spinach