

Year 10

Food, Nutrition and Health

Autumn Term



Chicken Fajitas

FILLING INGREDIENTS

$\frac{1}{2}$ lime
 $\frac{1}{2}$ green chilli
1 clove garlic
1 x tbsp.(15ml) coriander
2 x tsp (10ml) oil
1 x chicken breast
 $\frac{1}{2}$ onion
 $\frac{1}{2}$ green pepper
2 x tortillas wraps
1 x tomato
25g cheddar cheese

TOMATO SALSA INGREDIENTS

1 x tomato
2 x spring onions, finely sliced
Small handful coriander, finely chopped
 $\frac{1}{2}$ green or red chilli, finely chopped or $\frac{1}{4}$ tsp chilli flakes
 $\frac{1}{2}$ lime juice only
Pinch salt



METHOD

1. Prepare marinade, squeeze lime, peel & crush garlic, slice & de-seed chilli, chop coriander, stir together in the oil
2. Cut chicken breast into strips and mix with the marinade, place in the fridge till needed.
3. Prepare the remaining ingredients, using a clean knife and chopping board, slice the onion & pepper, chop the tomato, grate the cheese
4. Add the marinated chicken to the saucepan and stir-fry for 4 minutes, check the chicken is cooked.
5. Add the onion & pepper and cook for a further 2 mins.
6. Spread a little of the chicken mixture into the centre of the tortilla
7. Add some tomato, cheese
8. Roll up and ready to eat

Vegetarian alternative, use Quorn strips, or extra vegetables

METHOD FOR SALSA

1. Combine the tomatoes, onion, coriander and chilli in a bowl. Squeeze over the lime juice and season with salt
2. Mix to combine

Stir Fry

Ingredients

1 x chicken breast cut into strips (or vegetarian protein option e.g. Quorn)

2 x tbsp. oil

1 x courgette peeled lengthways with a vegetable peeler

$\frac{1}{2}$ red pepper deseed and cut into thin strips

6 x mini corns cut into chunks

$\frac{1}{2}$ red onion thinly sliced

1 x carrot peeled and cut into matchsticks

150g bean sprouts

For sweet and sour sauce

$\frac{1}{2}$ red onion

25g sugar

25g canned pineapple finely chopped

$\frac{1}{2}$ tbsp. tomato ketchup

$\frac{1}{2}$ tbsp. white wine vinegar

1 tbsp soy sauce

Method

1. For the sweet and sour sauce mix all the sauce ingredients together in a pan and cook over a low heat for 5 mins. Set aside in a bowl.
2. Heat a drop of oil into the saucepan and cook the chicken strips on a medium heat for 5 mins. or browned. Do NOT do this if using Quorn pieces (do this at stage 4)
3. Add the courgettes, mini corns, carrots, peppers and onion and stir fry for 5 mins. Add the bean sprouts until tender, but crisp
4. Add the sweet and sour sauce (also Quorn, if using) stir this continuously for a further 2 mins. Until meat is cooked through



Lemon Drizzle

Ingredients

100g soft margarine
(tub, not block)

175g caster sugar

175g self raising flour

1 x 5ml (1 tsp) baking powder

2 x eggs

60ml milk (4 tbsp)

Finely grated rind of 1 lemon

Topping

Juice of 1 lemon

100g granulated sugar

18 -20cm sandwich tin



Method

1. Preheat oven 180c
2. Lightly grease and line baking tin
3. Measure all the ingredients into a mixing bowl and using an electric mixer beat for about 2 minutes until smooth and well blended
4. Turn mixture out into the tin and smooth over using a palette knife, ensuring the surface is level
5. Bake for approx. 30 - 40 minutes until the cake has shrunk away from the side, golden in colour and springs back when lightly pressed with a finger
6. Whilst the cake is baking, squeeze the lemon juice into a bowl with the granulated sugar and mix together
7. When the cake comes out of the tin spread the lemon/sugar mixture over the top while still hot, making sure you cover right to the edges
8. Leave in tin, until cooled, then remove

Quiche Lorraine

INGREDIENTS FOR SHORTCRUST PASTRY

200g plain flour

50g block margarine/butter (not spreadable tub)

50g lard/white vegetable fat

Cold water

INGREDIENTS FOR FILLING

150g bacon, chopped (if vegetarian choose vegetarian bacon or vegetables instead of the bacon)

3 eggs

250ml milk

50g cheddar cheese grated

Salt and pepper



METHOD

1. Preheat oven 200c
2. Put flour, fat and salt in to a bowl and rub in, until it resembles breadcrumbs
3. Mix in water with a metal palette knife, a little at a time until it comes together
4. Knead lightly
5. Rest to the side while you prepare the filling
6. Fry the bacon and put to one side
7. Beat together eggs, milk, salt and pepper in a jug
8. Grate cheese
9. Prepare any other ingredients
10. Then roll the pastry and lay into your quiche tin
11. Bake blind for 10 mins.
12. Turn oven down to 180c
13. Take pastry case out of the oven and put onto a baking sheet
14. Add the cooked bacon and other ingredients to the pastry case
15. Pour over the egg mix
16. Sprinkle over the cheese and return to the oven
17. Bake for 25-30 mins.

Hot Pot

Ingredients

500g Potatoes (or couple of large baking potatoes)

500g minced beef/lamb/Turkey/Quorn

60g cheddar cheese

1 onion finely chopped

2 grated carrots

50g mushrooms

25g flour

250ml water

1 stock cube

1 tsp / 1x 5ml mixed herbs

(Optional 1 x tin tomatoes/garlic)

AN OVEN PROOF DISH



Method

1. Boil the kettle, put 250ml boiled water into a jug with a stock cube to dissolve
2. Peel and very thinly slice the potatoes (not into chunks)
3. Grate your cheese if using and put to one side
4. Dry fry the meat over a low heat until browned, stir in the onion and garlic, cook until the onion has softened.
5. Add the grated carrot, mushrooms and herbs
6. Now stir in the flour and add stock, stirring well. Allow to simmer until thickened and the vegetables are cooked.
7. Place in the oven proof dish
8. Layer over the potato slices , overlapping a little
9. Sprinkle over the grated cheese
10. Bake 180c for 25-30 minutes until the potato has browned

NB. shepherd's pie was traditionally made with lamb and mashed potato, cottage pie with beef and sliced potato

Both names are now used for either pie

Sausage Plait 1 (Rough Puff Pastry)

ROUGH PUFF PASTRY

200g Strong plain bread flour

75g solid white vegetable fat/lard

75g block margarine

100ml cold water (approx. 7 tbsp)

Squeeze of lemon juice (optional)



You tube video below (approx. 2mins.)

Demonstrating how to make rough puff pastry

<https://www.youtube.com/watch?v=6XQY4KDlo24>

METHOD

1. Sieve flour into a large mixing bowl
2. Cut cold fat into 1-2cm cubes add to the flour and coat over with the flour
3. Add the water and lemon juice, mix to a soft dough using a metal palette knife, taking care not to break up the pieces of fat
4. Turn out onto a lightly floured surface and press into a brick shape
5. Press dough into a rectangle three times as long as it is wide, using the rolling pin to neaten the edges
6. Fold the dough into thirds
7. Seal the edges by pressing with the rolling pin and turn 90 degrees
8. Repeat this 4 times more and chill pastry if possible before using

Sausage Plait 2 Making the plait

Ingredients

1 x packet of sausage meat
approx.400g
(you can also use sausages and take the
skins off)

Pinch of mixed herbs

1 x egg

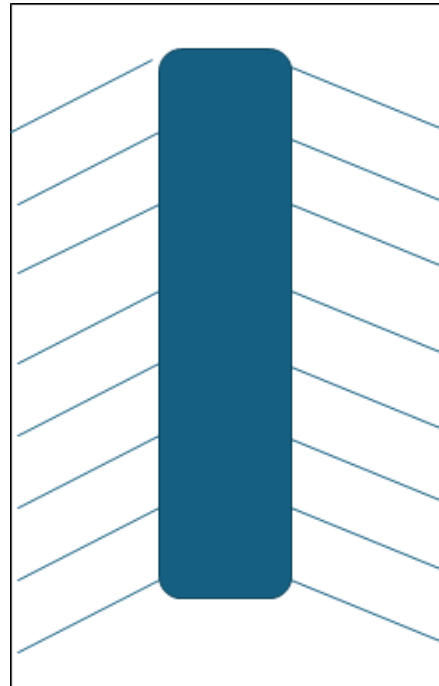
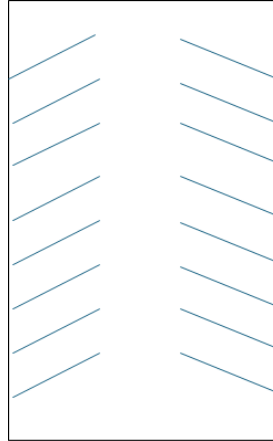
1 x tbsp sesame/poppy seeds

1 x apple or some pickle about 2 tbsp
(optional)

You tube video 50 secs.

How to plait

<https://www.youtube.com/shorts/gBKu-6USmvU>



Method

1. Turn oven onto 210c
2. Flour the table and roll out the pastry into a rectangle (approx. 35 x 25cm)
3. If using, peel and chop the apple into small pieces
4. Roll the sausage meat into one long 30cm sausage and place down the middle of the pastry, flatten a little till it takes up about 1/3 middle of the pastry
5. Sprinkle over the herbs and if using, apple or pickle
6. Cut strips, at an angle 2cm thick on each side of the pastry
7. Using a brush, wet the edges of the pastry, just a little
8. Fold over the top and bottom , then fold first left strip, then right strip all the way down
9. Using a fish slice, carefully move onto a lined baking sheet
10. Using a beaten egg, brush over the pastry, sprinkle with sesame/poppy seeds
11. Bake in oven for 30 mins. Till golden

Lemon Mousse and Shortbread 1

Ingredients for mousse

4 x eggs separated

125g caster sugar

2 x lemons (zest & juice)

10g powdered gelatine

300ml double cream

1 x serving dish or 4- 6 ramekins/glasses



Method

1. Soak and dissolve the gelatine in a little warm water.
2. Separate the eggs into 2 mixing bowls
3. Grate the rind from the lemons and squeeze out the juice
4. Beat egg yolks, caster sugar and lemon rind until fluffy and white
5. Add lemon juice and the dissolved gelatine
6. Lightly whip the cream until it holds its shape (using a hand whisk)
7. Whisk egg whites until stiff
8. Finally, gently fold in the stiffly beaten egg whites and whipped cream into the lemon mixture until evenly mixed
9. Put in your dish and refrigerate.

Lemon Mousse and Shortbread 2

Ingredients for shortbread biscuits

150g plain flour

100g butter, softened

50g sugar

A little extra sugar for dusting



Method

1. Turn on oven to 160c
2. Sieve flour into a mixing bowl and rub in the butter and then stir in the sugar
3. Squeeze together firmly with your fingers until the mixture forms a dough, do not add any liquid.
4. Place the dough on a floured surface and roll out to 10mm (1 cm) thickness
5. Using a biscuit cutter cut out shapes
6. Place the shortbread onto a lined baking tray
7. Bake for 15-20 mins. Until pale golden colour, they will not harden till they cool, then remove onto a cooling rack