

# Year 8

## RECIPE FOR

# Ploughman's Salad

### FROM THE KITCHEN OF



#### SERVES:

2

#### PREP TIME:

10-15 mins

#### TOTAL TIME:

20 mins

#### OVEN TEMP:

n/a

### INGREDIENTS:

12 cherry tomatoes  
2 little gem lettuce  
2 celery sticks chopped  
1 large apple  
½ red onion  
100g medium Cheddar cheese  
For the dressing:  
4 tbsp apple cider vinegar  
4 tbsp of olive oil  
2 tsp soft brown sugar  
Pinch of ground black pepper  
Pinch of clove powder

### METHOD / DIRECTIONS:

#### Ploughman's Salad Recipe – Method

##### Method for preparing the salad:

1. Chop the lettuce and put in the mixing bowl
2. Cut the celery into pieces and add to the mixing bowl
3. Wash the apple, remove the core, cut into pieces and add to the mixing bowl
4. Chop cherry tomatoes in half and add to the mixing bowl
5. Cut the cheese into small cubes and add to the rest of the ingredients
6. Optional - Cut the red onion into small pieces and add to the salad
7. Drizzle 2-3 tablespoons of the dressing over the salad and mix into the salad

##### Method for preparing the apple cider salad dressing

- Pour 2 tablespoons of olive oil in a small bowl
- Add 1 tablespoon of apple cider vinegar
- Add 1 teaspoon of soft brown sugar
- Add a sprinkle of clove powder and ground black pepper
- Mix together very well



# Year 8

## RECIPE FOR

## Indian Vegetable Puffs

### FROM THE KITCHEN OF



#### SERVES:

2

#### PREP TIME:

20-25 mins

#### TOTAL TIME:

35-45 mins

#### OVEN TEMP:

180 degrees

### INGREDIENTS:

- 1 onion, sliced
- 1 medium potato, diced
- 100g of sweetcorn
- 100g of peas
- 320g of puff pastry, pre-rolled
- Water/ milk or oil to brush pastry
- 6-8 tbsp of vegetable oil/ olive oil
- 1 tsp turmeric
- 1 tsp red chilli powder
- 2 heaped tbsp of ground cumin
- 2 heaped tsp ground coriander
- 2 cubes of ginger and garlic paste
- 1 cube of Oxo vegetable stock

### METHOD / DIRECTIONS:

#### Indian Vegetable Puffs – Method

1. Cut the potato into small pieces.
  2. Finely chop the onion.
  3. Place your saucepan on the hob and add 4 tablespoons of oil and set heat to medium temperature.
  4. Add the onions and fry for 1 minute till they start to turn translucent.
  5. Add the ginger and garlic paste and stir again for about 30 secs
  6. Add half a teaspoon of turmeric and chilli powder, then add the potatoes and stir regularly for at least 5 minutes
  7. Once the potatoes are almost cooked through add the peas and sweetcorn as well as 1 heaped teaspoon of cumin powder and coriander powder. Cook for another 3 minutes until the mixture is cooked.
  8. Then sprinkle  $\frac{1}{2}$  a cube of Oxo vegetable stock and stir it into the mixture. Now remove the saucepan from the heat.
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1. Roll out the pastry sheet on your baking tray and cut the sheet in half using a knife.
  2. Use a pastry brush to brush the edges of one half side of the pastry with water/ oil/ milk. Do this to both portions of pastry.
  3. Spoon 3 tablespoons of the vegetable mixture onto one side of the pastry. Lift the other side of the pastry sheet and fold it over the mixture.
  4. Press both edges of the pastry together using the tip of a fork to seal it.
  5. Bake for 15 minutes, or until the puff pastry has fluffed up nicely and is golden brown. Serve the vegetable puffs warm.



# Year 8

## RECIPE FOR

## Plain or Fruit Scones

### FROM THE KITCHEN OF



#### SERVES:

2-3

#### PREP TIME:

15 mins

#### TOTAL TIME:

40 mins

#### OVEN TEMP:

180 degrees

### INGREDIENTS:

225g/8oz self-raising flour

55g/2oz butter (lightly salted)

25g/1oz caster sugar

150ml/5fl oz milk

1tsp baking powder

55g / 2oz raisins or sultanas

A little milk to glaze the top

### METHOD / DIRECTIONS:

#### Scottish Scones— Method

1. Sift the flour in a mixing bowl and add the baking powder.
2. Rub in the butter using your fingers until the mixture is crumbly.
3. Stir in the caster sugar and raisins (for fruit scones)
4. Add the milk a little at a time while mixing with a fork to make a stiff dough.

*\*TIP: Be careful not to overmix as that can make the scones 'tough' not soft and crumbly as they should be.*

5. Put some flour on a chopping board and turn the dough onto it.
6. Use a rolling pin to roll out the dough to about 1/2 inch thick.
7. Cut into rounds (the traditional Scottish scone shape) using a cookie cutter.
8. Place the scones on a baking tray and bake for about 10 minutes, or until scones are risen and golden.



# Year 8

## RECIPE FOR

# Bolognese Sauce

### FROM THE KITCHEN OF



#### SERVES:

2-3

#### PREP TIME:

20 minutes

#### TOTAL TIME:

40 minutes

#### OVEN TEMP:

n/a

### INGREDIENTS:

- 1 onion, finely chopped
- ½ courgette finely chopped
- ½ red, orange or yellow pepper, finely chopped
- 6-8 mushrooms (size dependant)
- 500gm minced lamb or 500g of minced quorn (veg option)
- 1 tin chopped tomatoes or passata
- 2 cubes of crushed garlic
- 1 tablespoon tomato puree
- 1 vegetable stock cube
- 2 tablespoons Lea & Perrins sauce
- 2 tsp oregano
- \*2 tablespoons of oil (for vegetarians only)

### METHOD / DIRECTIONS:

#### Meat Bolognese Sauce – Method

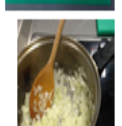
1. Wash the courgette, pepper and mushrooms
2. Peel and finely chop the onion
3. Chop the courgette, pepper and mushrooms into small pieces
4. Heat some oil in a saucepan and fry the onions for 5 mins till they are transparent or lightly browned.
5. Add the mince meat in small amounts. Allow the mince to develop a good brown colour.
5. If there is any excess liquid fat, tip your pan to one side and use a table spoon to spoon out any excess liquid.
6. Next add all the chopped vegetables and cook for 5 mins.
7. Then add the garlic cube and stir till it melts.
8. Add the chopped tomatoes and tomato puree, cook for 3 mins.
9. Next add the Lea & Perrins sauce, oregano herbs and the vegetable stock cube, stir them into the mixture well.
10. Add some water if you think the mixture needs to be more saucy.
11. Simmer for 5 mins until the mixture is cooked through.

\*12. Check the temperature of the meat to ensure it is fully cooked



#### Vegetarian Bolognese Sauce – Method

1. Wash the courgette, pepper and mushrooms
2. Peel and finely chop the onion
3. Chop the courgette, pepper and mushrooms into small pieces
4. Heat the oil in a saucepan, then fry the onions for 5 mins till they are transparent or lightly browned.
5. Add the rest of the vegetables and cook for 5 mins.
6. Add the garlic cube and stir till it melts.
7. Add the chopped tomatoes and cook for 3 mins, then add the quorn mince.
8. Add water to the mixture to make it more saucy (you can add up to 150ml of water) and then the tomato puree to thicken the sauce.
9. After 2 mins add the Lea & Perrins sauce, oregano herbs and the vegetable stock cube, stir them into the mixture well.
10. Simmer for 5 mins until the mixture is cooked through.



# Year 8

## RECIPE FOR

## Carrot Cake Muffins

### FROM THE KITCHEN OF



#### SERVES:

3-4

#### PREP TIME:

15 minutes

#### TOTAL TIME:

30 minutes

#### OVEN TEMP:

180 degrees

### INGREDIENTS:

100g grated carrots  
100g light muscovado sugar  
75ml sunflower oil  
100g self-raising flour  
25-50g dried cranberries  
1 large egg  
1 tsp cinnamon  
1 tsp baking powder  
1tsp vanilla essence

#### For the butter cream topping

50g butter, softened  
150g soft cheese  
50g icing sugar, sifted  
1 tsp vanilla extract

### METHOD / DIRECTIONS:

#### Carrot Cake Muffins - Method

1. Peel the carrots and grate them
2. Use the weighing scale to weigh 100g of grated carrots, then set aside
3. Sift the flour into the mixing bowl
4. Add the sugar, baking power, cinnamon and mix
5. Crack an egg into the jug with oil and whisk using a fork - the mixture should be smooth and yellow
- \* If not using eggs combine the yoghurt and oil then whisk
6. Add the grated carrots to the flour mixture
7. Pour the egg mixture over the grated carrots. Use a fork to combine the ingredients together.
- \* Avoid over stirring / mixing
8. Add the vanilla essence and dried cranberries
9. Lay out the muffin cases on a baking tray
10. Using a teaspoon spoon out the mixture into the cases (only fill halfway)
11. Bake for 15-20mins. Test with a tooth pick to check if they are ready
12. Allow to cool before icing them

