



## Year 9 Cooking and Nutrition Recipes 2018-19

	<b>Chicken Fajitas</b>
<b>Ingredients</b>	<p>2 red peppers (sliced into strips at home)            1 large red onion (sliced at home)            2 chicken breasts (or alternative meat or vegetarian equivalent) (sliced at home)            2 tsp smoked paprika*            2 pinches ground cumin*            3 limes            1 tbsp Olive oil            Ground black pepper (available in school)</p> <p><b>*If you do not have these spices at home, there will be some available in school</b></p> <p>A container with a lid to take home in.</p>
<b>Method</b>	<ol style="list-style-type: none"> <li>1. Put peppers, onion and chicken into a large frying pan or wok with paprika and cumin</li> <li>2. Squeeze over the juice of a lime, drizzle with olive oil, season with pepper and mix well.</li> <li>3. Place pan on the hob and turn regularly until chicken cooked.</li> </ol>
	<p><b>At home you need to reheat the Chicken fajitas mix until it is piping hot and then place it in a tortilla wrap. Add salsa, guacamole and a little sour cream and then roll up.</b></p>

<b>Meat / Vegetable Curry</b>	
<b>Ingredients</b>	Vegetable oil – 2-3 tbsp 1 onion (DICED AT HOME) 2-3 cloves of garlic 1 tbsp fresh root ginger (GRATED OR FINELY CHOPPED AT HOME) 6 large, fresh tomatoes (CHOPPED AT HOME) or 400g tin of tomatoes 450g diced meat (pork, beef, chicken, lamb) Curry powder – 1 dessert spoon = mild / 2 dessert spoons = hotter! 1 large potato (optional) Fresh or dried coriander
<b>Method</b>	<ol style="list-style-type: none"> <li>1. Heat oil in pan.</li> <li>2. Add curry powder to a small amount of water to make a paste and fry lightly for 1 min. It is important not to burn your curry powder as this will affect the flavour of your dish.</li> <li>3. Add meat and fry in curry powder to seal it.</li> <li>4. Add onion, garlic and ginger – fry in with the meat to soften.</li> <li>5. Add diced tomato and potato. Season with salt.</li> <li>6. Simmer gently to cook for 20-30 mins.</li> <li>7. If it seems dry, add a small amount of water.</li> <li>8. At end of cooking, stir in chopped fresh coriander and serve with basmati rice.</li> </ol> <p>You will need a container to take it home.</p>
<b>Top Tips:</b>	Try using vegetables/chickpeas instead of meat.

	<b>Fruit Cakes</b>
<b>Ingredients</b>	<p>50g butter or margarine  110g self-raising flour  50g soft brown sugar  75g raisins (or alternative dried fruit, chocolate chips etc)  1 egg  1 tablespoon honey or golden syrup</p> <p><b>Either: – for banana cakes</b>  1 large / 1½ small banana</p> <p><b>Or: - for apple and cinnamon cakes</b>  1 apple, peeled and chopped  60 ml milk  ½ teaspoon cinnamon</p> <p><b>Or: – for carrot cakes</b>  1 carrot, peeled and grated  Grated peel and juice of 1 small or ½ large orange  ½ teaspoon mixed spice</p> <p>12 fairy cake cases (make sure that you do not bring in muffin cases as these are too big)  Gas Mark 4 / 180°C for approx. 15 mins</p>
<b>Method</b>	<ol style="list-style-type: none"> <li>1. Prepare bun tin with paper bun cases.</li> <li>2. Add flour to bowl and rub in margarine until resembles fine breadcrumbs.</li> <li>3. Stir in sugar and raisins with wooden spoon.</li> <li>4. Stir in egg and honey.</li> <li>5. Mash bananas in a small bowl with a fork and then stir into cake mixture.</li> <li>6. If making apple or carrot options, stir ingredients into cake mixture.</li> <li>7. Spoon mixture into paper bun cases and bake.</li> </ol>

<b>Lasagne</b>	
<b>Ingredients</b>	<p><b>Bolognese sauce:</b>  1 onion (chopped at home)  1 garlic clove (optional) (crushed at home)  450g / 1lb mince meat*  1 tin chopped tomatoes  1-2 tbsp. tomato puree  100g mushrooms (sliced at home)**  Dried or fresh herbs (optional)  Salt &amp; Pepper</p> <p><b>Topping:</b>  250ml crème fraiche or natural yoghurt  25g parmesan or 50g cheddar (grated)  Black pepper</p> <p><b>Lasagne:</b>  6-8 lasagne sheets</p> <p>Medium sized ovenproof dish or foil tray.</p> <p><b>* Could be substituted for a vegetarian alternative such as Quorn</b>  <b>** Could be substituted for an alternative vegetable e.g. peppers, diced carrots, sweet corn etc.</b></p>
<b>Method</b>	<ul style="list-style-type: none"> <li>● Dry fry mince until brown</li> <li>● Add finely chopped onions and crushed garlic clove and lightly fry</li> <li>● Add sliced mushrooms and lightly fry until soft</li> <li>● Add tomatoes, tomato puree, herbs, salt &amp; pepper.</li> <li>● Bring to the boil, then cover and simmer for approx. 15 mins.</li> <li>● Make topping by mixing crème fraiche, half the grated cheese and pepper together in a small bowl</li> <li>● Layer Bolognese sauce, crème fraiche and lasagne in an ovenproof dish or foil tray finishing with crème fraiche.</li> <li>● Sprinkle with remaining grated cheese on top.</li> </ul>
	<p><b>At home cook lasagne at 190°C / Gas mark 5 for about 30 mins until piping hot. PLEASE NOTE IF YOU PREFER YOU COULD JUST MAKE THE BOLOGNESE SAUCE IF YOU DO NOT WANT TO MAKE IT INTO A LASAGNE - PLEASE BRING A PLASTIC CONTAINER TO TAKE IT HOME.</b></p>

<b>Macaroni Pasta / Cauliflower Cheese</b>	
<b>Ingredients</b>	<p><b>Roux Sauce:</b> 50g margarine or butter  50g plain flour  500ml milk  50g cheese</p> <p>You can choose either pasta or cauliflower:  Pasta 200-300g  Cauliflower 300-400g</p> <p>Oven proof dish or foil dish</p>
<b>Method</b>	<ol style="list-style-type: none"> <li>1. Cook pasta or cauliflower in boiling water until tender. Drain in a colander standing in the sink and place in ovenproof dish.</li> <li>2. Melt margarine in a saucepan</li> <li>3. Take off the heat and stir in the flour</li> <li>4. Put back on the heat for 1 min and then take back off the heat</li> <li>5. Gradually add the milk until completely mixed in and then take back to the heat.</li> <li>6. Stir continuously until the mixture starts to bubble and thicken, then take off the heat.</li> <li>7. Gradually add in grated cheese until it melts</li> <li>8. Pour over pasta / cauliflower in oven proof dish, sprinkle with cheese.</li> </ol>

<b>RISOTTO</b>	
<b>Ingredients</b>	<p>150g sliced mushrooms (choose type of mushroom)  <b>OR</b>  150g of alternative vegetable such as peppers, green beans, asparagus etc.</p> <p>250g risotto rice (arborio or carnaroli rice)  2 cloves garlic crushed  2tbs fresh thyme or 1tbsp dried thyme (or oregano, basil, mixed herbs)  1 to 2 tbs oil  1 onion  2 vegetable stock cubes  750ml boiling water  25g grated parmesan or vegetarian alternative</p> <p><b>REMEMBER:</b> Prepare the vegetables at home. Peel and dice the onion, peel and crush garlic, and slice the mushrooms.</p>
<b>Method</b>	<ol style="list-style-type: none"> <li>1. Fry the onion and the garlic in the oil until softened</li> <li>2. Add the mushrooms (or alternative), and fry for another 2 minutes</li> <li>3. Stir in the rice</li> <li>4. Make the stock</li> <li>5. Add a little of the stock to the rice. Wait for the stock to be absorbed, stirring constantly.</li> <li>6. Continue adding the stock a little at a time until the rice cooks-this will take 20-25 minutes. The rice should be soft, but still retain a nutty bite.</li> <li>7. Stir in the parmesan and herbs into the rice.</li> </ol>

<b>Chilli Con Carne</b>	
<b>Ingredients</b>	<p>1 onion            450g / 1lb mince beef <b>OR</b> Quorn mince <b>OR</b> Soya mince            1 tin chopped tomatoes            1 – 2 tablespoons tomato puree            1 tin kidney beans, drained and rinsed            Chilli powder or fresh chilli (finely chopped)            1 beef (or vegetable) stock cube (added to approx. ¼pint boiling water)</p>
<b>Method</b>	<ul style="list-style-type: none"> <li>● Finely chop onion.</li> <li>● Add mince to the pan and lightly fry.</li> <li>● Add onion and fry until soft.</li> <li>● Continue frying until meat is completely brown.</li> <li>● Add tomatoes, beef (vegetable) stock, chilli and kidney beans</li> <li>● Bring to the boil, then cover and simmer for approx. 20 minutes or until the sauce is reduced.</li> <li>● Serve with rice</li> </ul>
	<p><b>DO NOT BRING THE RICE SCHOOL TO COOK; YOU CAN COOK IT AT HOME WHEN YOU REHEAT YOUR CHILLI CON CARNE.</b></p>

<b>Pasta Salad</b>	
<b>Ingredients</b>	<p>300g pasta - use your favourite shape such as penne, fusilli, farfalle</p> <p>2 tbsp soft cream cheese or mayonnaise</p> <p>Choose from either: ham, cooked chicken, tinned tuna (or leave out if you want to make it vegetarian)</p> <p>Choose 3 of the following:</p> <ul style="list-style-type: none"> <li>1 red pepper</li> <li>100g cherry tomatoes</li> <li>1 half cucumber</li> <li>Small tin of sweetcorn</li> <li>1 carrot</li> <li>Large handful of spinach or rocket</li> </ul> <p>Salt, pepper, dried herbs, chilli powder (available in school)</p>
<b>Method</b>	<ol style="list-style-type: none"> <li>1. Cook the pasta in boiling water. Drain and put in your container. If using soft cheese, add it to the pasta whilst it is warm, for mayonnaise you can wait until it is cool.</li> <li>2. Slice meat, drain tuna. Add to pasta.</li> <li>3. Dice pepper, quarter cherry tomatoes, slice cucumber, grate or ribbon carrots, wash spinach or rocket if required.</li> <li>4. Add vegetables to container and add seasonings.</li> </ol>