



KS3 Food Preparation and Nutrition

Recipe Book

Year 8



Food Safety

Food hygiene standards in the food room are taken very seriously:

- Personal hygiene routines for students are monitored by the teacher (hair tied back, cleaned hands, removal of any jewellery and/or nail varnish)
- Clean aprons, dish cloths and tea towels are provided for every lesson
- Separate, colour-coded chopping boards are used to avoid cross-contamination
 - * Red – Raw meat
 - * Blue – Fish
 - * Green – Fruit & vegetables
 - * White – General use
- Chilled ingredients from home are brought to the food room before P1 and are stored in the fridge until they are required
- Once cooked, hot food is cooled then stored in the fridge until the end of school when it is collected by students

To ensure food cooked at school is fit to eat at home:

- Store high risk foods **in the fridge** until required
- Use previously cooked food containing meat or fish within **two days**
- **Reheat till steaming hot** (the food at the centre must reach at least 75C to kill any bacteria)
- Don't reheat leftovers more than once
- Store baked goods in an airtight tin to keep fresh for longer

Bacon Sandwich

Bacon x 4 rashers of bacon/or meat-free equivalent – (Place into the fridge prior to the lesson ensuring it is in an air tight bag and has your name on it.)

Bread x 2 slices

(oil and butter provided)

Sauce sachet (optional)

Method:

1. Pre-heat the grill to medium heat.
2. Using a red chopping board – use a knife to remove the rind off the bacon.
3. Place a tsp oil into the frying pan and place onto a medium ring of the hob. After a minute add the bacon and fry until it turns crispy then turn over.
4. Place bread onto the grill tray, and place under the grill allowing the heat to turn them a golden brown colour, then remove.
5. Check the bacon temperature with the food probe – above 72c.
6. Use a white chopping board to Butter the non-toasted side of the bread, and cover one piece with the bacon.
7. Place the other piece of bread on top and then cut into half.

Skills:

Food safety:

Coloured chopping boards

Using a temperature probe

Heat transfer:

Conduction – frying

Radiation – grilling

Science:

Maillard reaction - toast



Bread/Pizza base

Ingredients

250g flour

7g pack fast action dried yeast

1 x 5ml spoon sugar

150ml warm water

Equipment

Baking tray, sieve, mixing bowl, weighing scales, measuring jug, measuring spoons, flour dredger, oven gloves and cooling rack.

Method

1. Preheat the oven to 220°C or gas mark 7. Grease a baking tray.
2. Sieve together the flour and salt into a mixing bowl.
3. Stir in the yeast and sugar.
4. Make a well in the middle of the flour mixture and add the warm water. Mix to form a soft dough.
5. Sprinkle flour on to a clean work surface and place the dough on the surface.
6. Knead the dough for 10 minutes.
7. Shape as required, then place on the greased baking tray.
8. Cover the dough and leave to prove in a warm place until they double in size.

Skills:

Mixing

Kneading

Proving

Shaping



Shortcrust pastry

You will need:

225g Plain flour

100g Butter, diced

Pinch Salt

3-4 tbsp Cold Water



1. Pre-heat ovens 180c / Gas 4.
2. Grease baking tins.
3. Sift the flour into a large bowl, add the butter and rub in with your fingertips until it resembles fine breadcrumbs.
4. Stir in the salt, then add the water and mix to make a firm dough.
5. Knead briefly on a floured surface.
6. Roll out to approx. 3mm thickness, and cut out using the cutters provided.
7. Place into the tin.
8. Cover with foil to blind-bake.

Skills:

Implementation of personal hygiene standards.

Using a sieve – aeration

Rubbing in method – combining,

Using an oven – Blind-baking.

Rolling & shaping,

Following food hygiene procedures for storage of foods & cleaning.

Mini Quiche

You will need:

2 slices bacon

½ onion, finely diced

2 eggs

100ml milk

50g Grated Cheese

½ tbsp. herbs

Salt & pepper



9. Pre-heat ovens 180c / Gas 4.
10. Fry the onion & bacon over a low heat until the onion softens.
11. In a jug: Mix the eggs, milk, cheese, herbs, salt & pepper.
12. Divide the bacon & onion into the 12 pastry cases (made the previous lesson).
13. Pour over the egg mix, just below the top of the pastry.
14. Bake for 12 – 15 minutes until they set (coagulation), and have begun to turn brown (maillard reaction).
15. Remove & cool before

Skills:

Implementation of personal hygiene standards.

Knife skills: Claw & Bridge - Chopping

Frying – conduction heat.

Using an oven – Convection Heat, Coagulation, Maillard Reaction.

Following food hygiene procedures for storage of foods & cleaning.

Baked Egg Custard

Ingredients

- 450ml (3/4 pint) milk
- Few drops vanilla essence
- 40g (1 ½ oz) caster sugar
- 2 eggs, lightly beaten
- A little grated nutmeg

Method

- Preheat the oven to 180°C/350°F/gas mark 4.
- Heat the milk, vanilla essence and sugar in a small pan until nearly boiling, then pour the mixture over the beaten egg, stirring continuously.
- Strain the mixture through a sieve into a 600ml (1 pint) ovenproof dish.
- Sprinkle over a little nutmeg, then bake for 50-60 mins until set.

Skills:

Blending

Straining

Science:

Conduction heat

Coagulation



Chicken Fajitas

You will need:

1 chicken breast 1
lime
1 garlic clove
1 small chilli
1 handful of
corriander leaves
1 tsp oil.
1/2 onion
½ pepper
1 tomato
50g cheese

Method:

1. Cut chicken – place into food bag. Juice lime & add to chicken

Crush garlic, de-seed & chop chilli, chop corriander – add to the bag with 1 tsp oil.

2. Slice onion & pepper

Chop tomato

Grate the cheese.

3. Fry chicken – 4 mins



Skills:

Implementation of personal hygiene standards.

Knife skills: Claw & Bridge – Chopping

Protein Denaturation: Marinading

Frying – conduction heat.

Using an oven – Convection Heat, Maillard Reaction.

Following food hygiene procedures for storage of foods & cleaning.

Fish & Chips

You will need:

1 fish fillet
1 potato
Herbs &
seasoning of
your choice
1 egg

Method:

Pre-heat oven 200c

Chop potato (chips or wedges)

Place oil & seasoning into a small bowl – put chips/
wedges in to coat them then place on baking tray
and put into the oven for 10 mins.

Cut fish into fingers (slices).

Coat with flour, then egg, then breadcrumbs.

Add to chip tray & bake for 8 minutes or until golden

Skills:

Implementation of personal hygiene standards.

Knife skills: Claw & Bridge – Chopping

Enrobing: Breadcrumbs

Using an oven – Convection Heat, Maillard Reaction.

Following food hygiene procedures for storage of foods & cleaning.



Additional recipes:

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Notes: