

Year 8

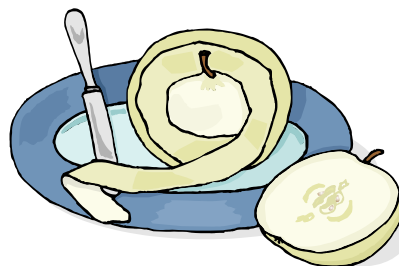
**Home Economics
Recipes**



Apple Crumble

Ingredients

130g plain flour
65g margarine ($\frac{1}{4}$ block)
2 cooking apples
2 tablespoons granulated sugar
2 tablespoons caster sugar



Method

1. Set oven 180°C, gas mark 5
2. Sieve flour into baking bowl
3. Add margarine
4. Cut up with table knife
5. Rub in - use fingertips - resembles breadcrumbs
6. Add caster sugar
7. Peel, core and finely slice apples
8. Place in foil dishes
9. Sprinkle in granulated sugar
10. Place crumble on top
11. Put on baking tray
12. Bake in pre-heated oven for 20-30 mins





Cheats Curry

Serves 2

Cooking time: Approximately 10 minutes

Ingredients

200g lean beef cut into strips
1tsp oil for frying
 $\frac{1}{2}$ can chopped tomatoes
1 tablespoon medium curry paste

Equipment

chopping board
frying pan
vegetable knife
colander
tablespoon
teaspoon
wooden spoon
2 foil containers

To Serve

Boiled rice

Method

1. Fry strips of meat until browned and cooked through.
2. Add chopped tomatoes and curry paste.
3. Bring to the boil and simmer.
4. Cook rice.
5. Divide meat mixture into foil trays with the boiled rice.

Herby French Toast

Ingredients

2 large eggs
2 tablespoons semi-skimmed milk
 $\frac{1}{2}$ tablespoon finely chopped parsley
 $\frac{1}{2}$ tablespoon finely chopped fresh chives
Teaspoon chopped fresh thyme or pinch dried thyme
Pinch of paprika
Black pepper to taste
2 large mushrooms (optional)
2 tablespoons olive oil
2 rashers back bacon
2 slices wholemeal bread

Equipment

Bowl
Balloon whisk
Scissors
Vegetable knife
Frying pan
Spatula
plate

Method

1. Combine the eggs, milk, most of the parsley, the chives, thyme and paprika in a shallow dish. Season with pepper and set the mixture aside.
2. Wash the mushrooms and cut them into slices. Trim any fat of the bacon and grill until cooked. Keep warm.
3. While the mushrooms and bacon are cooking, cut each slice of bread into four triangles. Heat a large non-stick frying pan over medium heat and add 1 tbsp of the remaining oil. Dip $\frac{1}{2}$ of the bread triangles into the egg mixture to moisten on both sides, then place in the hot pan. Cook for 1-2 minutes or until golden brown. Remove from the pan and keep warm while you cook the rest of the bread, adding the remaining oil as needed.
4. To serve, arrange 4 triangles of herbed French toast on each plate. Add the mushrooms and bacon. Sprinkle with the remaining parsley.



Quick and easy pasta bake

Serves 2

Ingredients

120g pasta shapes
100g bacon cut into thin strips
Small tin of Condensed
Cream of Chicken Soup
100ml milk
Tablespoon of peas
Tablespoon of sweetcorn
Salt and pepper
Handful cheddar cheese, grated.

Equipment

Large saucepan
Medium saucepan
Small bowl
Wooden spoon
Foil container x 2
Tablespoon



Method

1. Preheat oven to 200° C/400° F/Gas Mark 6.
2. Cook the pasta according to packet directions. Drain well.
3. Grill or fry bacon until cooked.
4. In a small bowl mix soup and milk.
5. In a shallow ovenproof dish mix pasta, peas, sweetcorn and bacon. Add the soup and milk mixture. Mix thoroughly. Season to taste.
6. Sprinkle cheese on top. Bake for 20 minutes, or until golden and bubbling.
7. Serve with fresh vegetables or salad and crusty bread.

Spicy Mini-burgers with Herby Hot Salad

Ingredients (serves 2)

125g lean minced beef
Heaped teaspoon sweet mango chutney
Heaped teaspoon medium curry paste

For the salad

2 mushrooms, sliced
 $\frac{1}{2}$ red pepper, sliced
1-2 cloves of garlic, crushed
2 tablespoons raspberry vinegar
1-teaspoon honey
2 tablespoons chopped mixed herbs
salt & black pepper
mixed salad leaves
1 teaspoon oil

Method

1. Mix the mince with the mango chutney & curry paste
2. Shape into 6 balls or small burgers and bake in a pre-heated oven(180° C) for 15 minutes.

Make the salad.

1. Heat the oil in pan and cook the mushrooms, peppers and garlic for 1-2 mins.
2. Add the vinegar, honey, half the herbs and lots of seasoning. Simmer for 1-2 minutes and pour over leaf salad.
3. Sprinkle with the remaining herbs and serve immediately with the spicy burgers.

Equipment

Large bowl
Vegetable knife
Chopping board
Frying pan
Tablespoon
Teaspoon
Baking tray



Sweet and Sour Stir-Fried Vegetables

Ingredients (between 2)

1 tablespoon oil
 $\frac{1}{4}$ pepper
 $\frac{1}{4}$ carrot
85g broccoli
 $\frac{1}{4}$ small onion
85g bean sprouts
 $\frac{1}{2}$ stick celery
 $\frac{1}{2}$ small tin pineapple pieces

Equipment

measuring jug
chopping board
vegetable knife
medium saucepan
tablespoon



Sauce

$\frac{1}{2}$ tablespoon corn flour
 $\frac{1}{2}$ chicken stock cube
 $\frac{1}{2}$ tablespoon Soya sauce
 $\frac{1}{2}$ tablespoon soft brown sugar
 $\frac{1}{2}$ tablespoon tomato puree
1 tablespoon white wine vinegar
 $\frac{1}{2}$ tablespoon malt vinegar
Pineapple juice and water to make up 125ml
pinch of powdered ginger

Method

1. Prepare all vegetables before starting to stir-fry
2. Add all the sauce ingredients to the measuring jug and stir well.
3. Stir-fry the carrot, broccoli, pepper, celery and onion for 5 minutes.
4. Add the bean sprouts and pineapple and fry for another minute.
5. Add the sauce and cook for 2 minutes, stirring constantly. Serve and eat while hot.

You could adapt this recipe by adding some chicken, pork, beef or prawns.

Vegetable Tarts

Ingredients (Between 2)

1x200g frozen puff pastry, defrosted
cheese, grated
Sliced Peppers and onions
2x5ml sp dried mixed herbs
Seasoning
Egg to glaze

Equipment

Baking tray
Vegetable knife
Chopping board
Pastry brush
Cooling tray



Method

1. Preheat the oven to 180° C. Lightly grease a large baking tray.
2. Roll out pastry and cut into 6 equal rectangles. Using a sharp knife, score a border within the pastry rectangle, being careful to avoid cutting right through the pastry. Place on the baking tray.
3. Pierce the pastry inside the border a few times with a fork so that this part does not rise in the oven.
4. Sprinkle the cheese in the middle of each rectangle. Arrange the peppers and onions on top, and then sprinkle with the herbs and season.
5. Brush the pastry edges with beaten egg and bake for 15-20 minutes until the cheese is bubbling and the pastry around the edges is risen and crisp. Cool for a few minutes then serve.

Yoghurt Muffins

Ingredients

125g carton blueberry yoghurt
3 cartons self raising flour
1 carton caster sugar
1 carton Mazola corn oil
3 eggs
75g fresh blueberries, washed



Method

1. Set oven at 170°C
2. Place 12 muffin papers in muffin trays.
3. Lightly beat 3 eggs in small bowl, add 1 carton yoghurt and 1 carton corn oil and mix well.
4. Sieve 3 cartons of flour and 1 carton of sugar into large bowl.
5. Make a well in the dry mixture and gradually add the liquid, mix well. Stir in the fresh blueberries.
6. Spoon the mixture into the muffin cases, half filling each case.
7. Bake for 20 - 25 mins until golden brown and well risen.