

Year 9

**Home Economics
Recipes**



Apple Tart



Pastry

250g plain flour

125g margarine

8-10 teaspoon cold water

Filling

2 large cooking apples

50g granulated sugar

cloves if desired

Method

1. Set the oven 200°C.
2. Make short crust pastry, rubbing in method. Stiff dough.
3. Peel and core apples onto paper - dispose of scraps.
4. Slice apples, place in bowl of water, cover.
5. Tidy table. Leave apples to side. Sprinkle a little flour in centre.
6. Knead pastry lightly. Divide in two.
7. Roll out $\frac{1}{2}$ to cover base of plate.
8. Dry apples. Place $\frac{1}{2}$ apples on pastry. Add sugar and cloves. Add rest of apples.
9. Roll out other $\frac{1}{2}$ of pastry size of plate.
10. Dampen edge of pastry rim with water using pastry brush.
11. Place pastry on top of pie and seal well.
12. Trim edges with a knife. Flake and flute edges of tart.
13. Prick top or snip with a knife to allow steam to escape.
14. Place in oven and bake on top shelf 10-15 mins until pastry sets, then lower shelf to finish cooking.
15. Sprinkle with sugar when cooked.
16. Serve with ice-cream or custard sauce.

Carrot Cake

Ingredients

100g carrot
50mls oil
25g soft brown sugar
1 tablespoon clear honey
 $\frac{1}{2}$ teaspoon vanilla
1 egg
50g plain flour
50g wholemeal flour
 $\frac{1}{2}$ teaspoon baking soda
1 teaspoon cinnamon
pinch salt

Equipment

Baking bowl
sieve
small bowl
fork
tea knife
teaspoon
measuring jug
tablespoon
vegetable peeler
vegetable brush
grater
foil loaf tin
plate



Method

1. Set oven 180°C
2. Wash and scrub carrot. Peel and grate.
3. Whisk egg with fork in small bowl.
4. Mix together in baking bowl the grated carrot, sugar, honey, vanilla, oil and beaten egg.
5. Sieve dry ingredients onto plate
6. Mix these gradually into baking bowl using knife
7. Place in loaf tin.
8. Bake for approximately 30 mins.



Cottage Pie



Serves 2

Ingredients

225g lean minced beef
 $\frac{1}{2}$ an onion (chopped)
1 carrot, peeled and chopped very finely
1 tbsp plain flour
150ml vegetable stock
1 tbsp tomato puree
 $\frac{1}{2}$ tsp dried mixed herbs
Salt and black pepper

Equipment

2 medium saucepans
vegetable knife
Chopping board
Potato peeler
Measuring jug
wooden spoon
ovenproof dish
potato masher

Potato topping

2 or 4 medium large potatoes peeled and chopped
1 leek, sliced
Small handful cheddar cheese, grated
Salt and black pepper

Method

1. Boil the potatoes until softened, adding the leeks 5 minutes before the end.
2. Meanwhile, dry fry the mince, onion and carrots for 3-4 minutes. Add the flour. Make up stock using boiling water and gradually add to the mince together with the tomato puree and dried herbs. Bring to the boil and stir until thickened. Season and transfer to an ovenproof dish.
3. Drain and mash the potatoes with half the cheese. Season and place on top of mince mixture.
4. Sprinkle with remaining cheese and bake in the preheated oven for 25 minutes until golden.

Serve with a selection of seasonal vegetables.

Flakemeal Biscuits

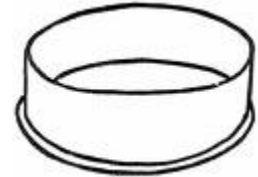


FIG. 6.

Ingredients:

100g soft margarine
50g caster sugar
50g soda bread flour
125g porridge oats

Method:

1. Set oven 180°C
2. Lightly grease baking tray
3. Cream margarine and sugar until soft
4. Gradually work in the rest of the ingredients. You may need to use the fingertips to gather the mixture together at the end.
5. Sprinkle a little flour on the table top.
6. Knead the dough a little.
7. Roll out 7mm thick.
8. Cut into circles, place on baking tray, prick with fork.
9. Bake until golden brown.
10. Place on cooling tray and sprinkle with sugar.

Fruit Muffins



Ingredients (Makes 12 muffins) Equipment

250g self-raising flour
1-teaspoon baking powder
100g caster sugar
Pinch of salt
160ml milk
100g melted butter
2 eggs (beaten)
100g fruit

Baking bowl
Sieve
Teaspoon
Measuring jug
2 small bowls
Muffin cases
Muffin tin

Method

1. Sieve the flour, baking powder, salt and caster sugar into the baking bowl.
2. Stir in choice of filling.
3. Melt the butter using the microwave and add to the bowl together with the milk and beaten eggs.
4. Spoon the mixture into the muffin cases filling them to 2/3 full.
5. Bake for about 15 minutes at 180 C until well risen and firm to the touch.



Herby Chicken Couscous

Ingredients (serves 2)

110g couscous
150mls hot chicken or vegetable stock
1 large chicken fillet
Spicy flavouring
Salt and freshly ground pepper
1 tablespoons olive oil
Tablespoon fresh mint, finely chopped
Tablespoon flat leaf parsley, finely chopped
1 stick celery, finely diced
1 spring onion, chopped
30g sultanas
1 tablespoon of lemon juice

Equipment

Large bowl
Measuring jug
2 x chopping boards
Vegetable knife
Wooden spoon
Garlic press
Health grill
2 foil containers

Method

1. Put the couscous in a large bowl, add the hot stock and leave for five minutes.
2. Sprinkle a flavouring of your choice onto your chicken. Use the health grill to cook the chicken. Slice the chicken breast lengthways with diagonal cuts into thin slices and season.
3. Add the mint, parsley, celery, spring onion and sultanas to the couscous and season. Toss the ingredients together.
4. Mix the olive oil with the lemon juice.
5. To serve spoon the couscous onto plates, place chicken on top and drizzle with the lemon dressing.



Honey Chilli Chicken



Ingredients

1 Chicken breast
1 tablespoon flour

For the Sauce

Small piece fresh ginger, peeled and grated
1 tbsp honey
1 tsp cornflour
2 tbsp water
2 tbsp lemon juice
 $\frac{1}{2}$ tbsp chilli sauce
1 tsp soy sauce
2 spring onions
 $\frac{1}{2}$ a pepper (sliced finely)
Oil for cooking

Equipment

large frying pan
or wok
Chopping board
vegetable knife
measuring jug
tablespoon
teaspoon
grater
medium bowl
wooden spoon

Method

1. Cut the chicken into small regular cubes and toss lightly in the flour.
2. Heat a little oil in the large frying pan and add the flour coated chicken. Cook for approx 5 minutes.
3. Remove the cooked chicken and add a little more oil to the pan. Add the grated ginger and sauté gently for a few seconds. Add the honey and stir.
4. Add the combined cornflour, water, chilli sauce, lemon juice and soy sauce. Stir until the mixture comes to the boil and thickens.
5. Add the cooked chicken back to the pan together with the sliced peppers. Toss in the sauce for a further 3 minutes.
6. Add sliced spring onions and cook for a further minute.

Serve with fried or boiled rice or noodles.

Lasagne

Ingredients

125g ready cooked lasagne sheet

Meat sauce

tablespoon cooking oil

small onion (chopped)

50g carrot (grated)

200g lean minced steak

small can chopped tomatoes

10 mls tomato purée

$\frac{1}{4}$ teaspoon mixed herbs

$\frac{1}{2}$ teaspoon Worcestershire sauce

salt and pepper

Cheese sauce

250mls semi-skimmed milk

25g plain flour

25g margarine

50g cheddar cheese (grated)



Method

1. Heat oil in stew pan and fry mince and onion until browned
2. Add tomatoes, tomato purée, grated carrot, mixed herbs and Worcestershire sauce
3. Simmer for 15 mins. Season.
4. Make white sauce using all in one method.
5. Add 25g grated cheese, beat well.
6. Alternate layers of meat mixture and lasagne, finishing with cheese sauce.
7. Sprinkle remaining cheese on top.
8. Bake at 190°C for 35 mins
9. Serve with suitable accompaniment.



Leek and Potato Soup

'Vichyssoise'



Ingredients

(Between 2)

1 large leek

1 medium/2 small potatoes

1 small onion

25g butter

500mls chicken stock

Equipment

wooden spoon

chopping board

vegetable knife

measuring jug

potato peeler

large saucepan

tablespoon

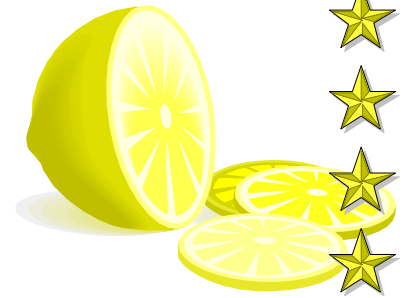
Hand blender

Pot rest

Method

1. Cut the root off the leek and remove any leaves. Wash thoroughly and slice very thinly.
2. Peel and wash the potato and chop into cubes. Chop the onion into small pieces.
3. Put the butter into a large saucepan and melt it over a medium heat. Add all the vegetables. Mix well using a wooden spoon. Put the lid on the saucepan and turn the heat down. Allow to simmer for 10 minutes or until the vegetables are quite soft.
4. Make up the stock using boiling water from the kettle, add to the vegetables. Bring to the boil and then turn down the heat and allow to simmer again for approx. 15 minutes.
5. When the soup is cooked, take it to the table and place on a pot rest. Blend until the soup is smooth.
6. The soup may be reheated if necessary.

Lemon Loaf



Ingredients (*Makes 2 loaves*)

150g caster sugar
100g margarine
150g self-raising flour
2 eggs
Rind & juice of $\frac{1}{2}$ a lemon

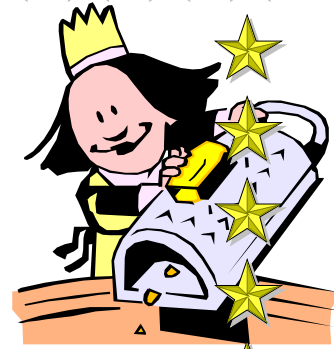
Equipment

Electric mixer
Baking Bowl
Tablespoon
Zester
Small bowl
Fork
2xfoil containers
juicer

Method

1. Grate the rind of the lemon and using the juicer squeeze out all the juice.
2. Place the caster sugar and margarine in a large bowl. Cream together using an electric whisk until light and fluffy. Sieve the flour.
3. Beat the eggs in a small bowl with a fork.
4. Add the eggs and flour slowly to the creamed mixture, beating well between additions.
5. Fold in the lemon rind and juice using a metal spoon.
6. Divide the mixture between the two foil containers using the spatula to clean the bowl.
7. Bake for 25 - 30 minutes at 170 °C.
8. Cool on a wire tray.

Macaroni Cheese with Bacon and Tomato



Ingredients

100g macaroni
2 rashers bacon
 $\frac{1}{2}$ an onion
1 tablespoon oil
salt and pepper
 $\frac{1}{2}$ tomato

White Sauce

220mls milk
25g margarine
25g flour
seasoning
50g cheese

Equipment

2 medium saucepans
frying pan
Chopping board
Vegetable knife
Colander
Kitchen scissors

Method

1. Put water in a saucepan and bring to the boil. Add the macaroni and simmer for about 8 minutes.
2. Chop the onion up finely. Cut the bacon into small pieces using kitchen scissors. Heat the oil in a frying pan and cook the onion and bacon for approximately 5 minutes.
3. Make up the sauce by adding the milk, margarine and flour to a medium saucepan. Bring to the boil, stirring continuously until the sauce thickens. Add most of the grated cheese, saving some to put on top. Add the bacon and onion to the sauce and mix thoroughly.
4. Drain macaroni and add to the sauce and bacon mixture. Divide into foil containers and top with grated cheese and sliced tomato.
5. Place under a pre - heated grill until golden brown.





Pasta with creamy bacon sauce

Ingredients

- 150g penne
- 1 tablespoon olive oil
- $\frac{1}{4}$ leek - sliced
- 2 rashers bacon - chopped coarsely
- 1 clove garlic - crushed
- $\frac{1}{2}$ courgette - sliced
- 50g button mushrooms - halved
- $\frac{1}{2}$ tablespoon Dijon mustard
- 3 tablespoons light sour cream
- 75mls milk

Equipment

- Medium saucepan
- Colander
- 2 x Chopping boards (*for raw and cooked foods*)
- Kitchen scissors (to cut bacon)
- Vegetable knife
- Measuring jug
- Wooden spoon
- Tablespoon
- Large frying pan or electric pan

Method

1. Put pasta on to cook in boiling water.
2. Prepare leek, courgette and mushroom and crush garlic.
3. Chop bacon.
4. Heat oil in wok, add leek, bacon and garlic, stirring until leek is soft and bacon is browned.
5. Add courgette and mushrooms to pan and cook; stirring, until courgette is just tender
6. Stir in mustard, sour cream and milk, stirring until hot.
7. Drain pasta when just tender.
8. Toss sauce through pasta before serving.

Scones

Ingredients:

200g self raising flour

50g margarine

25g sugar

125ml milk

50g cherries or sultanas (optional)



Method:

1. Set oven 180°C, gas mark 6.
2. Sprinkle baking tray with flour.
3. Sieve flour into bowl, cut up margarine and rub into flour. Add sugar (and fruit if desired)
4. Add milk and mix to a soft elastic dough.
5. Knead the dough lightly and roll out 20mm thick.
6. Cut into circles and place on baking tray
7. Bake 10 minutes until risen and browned.
8. Cool on wire tray
9. Always serve scones the same day as they are baked.

Wholemeal Bread

Ingredients

2 cups wholemeal
1 cup soda bread flour
1 tablespoon sugar
25g margarine
1 level teaspoons baking soda
1 level teaspoon salt
1 $\frac{1}{4}$ cups buttermilk

Equipment for each person

Small cup
Baking bowl
Table knife
1 foil container

Method

1. Set oven 180°C.
2. Place wholemeal in bowl.
3. Grease baking tin
4. Sieve flour, salt and baking soda into bowl
5. Rub margarine into mixture
6. Add sugar
7. Mix with buttermilk
8. Place in loaf tin
9. Bake 35 - 40 minutes until golden brown
10. Cool on a wire tray, cover with clean tea towel.

