

# YEAR 9 RECIPES

## Bacon & Mushroom Risotto

1 onion  
150g mushrooms  
4 rashers bacon  
1 tablespoon oil (school)  
250g rice  
1 vegetable stock cube  
1.5 litres water, boiling  
1 teaspoon thyme (school)

Container to take home in

1. Peel and dice onion
2. Slice mushrooms
3. Remove rind from bacon, dice
4. Fry bacon, onion & mushrooms for 3 minutes
5. Stir in the rice
6. Add water and stock cube
7. Cook for 20 minutes
8. Stir in thyme



## Tuna Fish Cakes

100g of frozen peas  
500g potatoes  
130g tinned tuna (drained weight)  
1 egg beaten  
50g Cheddar cheese – grated

Container to take home in

*If you really don't like tuna you can substitute for tinned salmon or leave out*

1. Preheat oven, 200°C Gas 6
2. Peel, dice potatoes into 1cm cubes
3. Boil potatoes until soft
4. Drain potatoes
5. Crush potatoes with a fork in a mixing bowl
6. Beat egg in small bowl
7. Stir in drained tuna, peas, beaten egg and grated cheese
8. Wet hand with water, make 8 fish cakes
9. Place on baking tray, cook for 20 minutes



## Baked Scotch Eggs

4 eggs  
8 sausages  
150g packet couscous (flavour of your choice)  
160ml Boiling water

Container to take home in

1. Turn oven on 200c/Gas6
2. Place eggs into saucepan. Boil for 10 minutes
3. Place couscous in bowl pour on 160ml boiling water
4. Remove skins from sausages. You need 2 sausages per egg
5. Drain eggs in colander.
6. Remove shell from eggs
7. Wet hands wrap eggs in sausage meat (2 sausages)
8. Roll in couscous
9. Place on baking tray. Bake for 10 minutes



### Cheese bites

2 Eggs  
40g Butter  
80g Plain Flour  
½ tsp mustard powder (school)  
50g grated cheese  
100ml water

#### Container to take home in

1. Preheat oven 200C Gas 6
2. Cut butter into cubes
3. Add butter & mustard to water in a saucepan
4. Sieve flour onto greaseproof paper
5. Bring mixture to the boil, make sure butter has melted
6. Remove from heat, add sieved flour, beat.
7. Add egg one at a time beat well, add cheese
8. Spoon teaspoonful's onto baking tray
9. Bake 25 minutes



### Swiss Roll

3 Eggs  
75 g Caster sugar  
75g Self raising flour  
4 tbsl jam  
1 tbsl Caster sugar

#### Container to take home in

1. Preheat oven 200C Gas 6
2. Place eggs and sugar in mixing bowl
3. Whisk until mixture is thick & creamy, about 5 minutes
4. Sieve in flour, **FOLD IN CAREFULLY**
5. Place in baking tray, bake for 12 minutes
6. Put tea towel top with greaseproof & 1 tbsl sugar
7. Place jam in small bowl, beat to soften
8. Remove from oven, remove greaseproof
9. Spread jam
10. Roll the Swiss roll. Roll towards you



### Quiche

#### Short crust pastry

100g plain flour  
50g butter or baking fat/block  
2-3 x 15ml spoons water

#### Filling

2 eggs, large  
125ml milk  
50g grated cheese

A foil tray to make the quiche provided by school

#### Container with a lid to take home in

1. Preheat the oven to 170°C /gas 4
2. sift the flour into a bowl
3. rub the fat into the flour until the mixture resembles breadcrumbs
4. add the water a spoonful at a time, until you get a dough
5. Roll out the pastry
6. line the foil tin, place on baking tray
7. whisk with the eggs and milk
8. Add cheese to egg mixture
9. Pour mixture over cheese
10. Bake 25 minutes



### Vegetarian Chilli Bowl

- 1 onion
- 2 garlic cloves
- 50g Grated cheese
- 4 sheets dried lasagne
- 1 x 15ml spoon oil (school)
- 1 x 400g can chopped tomatoes
- ¼ x 5ml chilli powder (school)
- 1 x 5ml spoon dried oregano (school)
- 300g Quorn Mince

School will provide foil tray to make in  
Container with a lid to take home in

1. peel and dice the onion
2. peel and crush the garlic
3. Place lasagne in frying pan of water cook for 10 minutes
4. Once the lasagne sheets are cooked, drain using a colander.
5. Arrange pasta sheets in foil tray
6. In saucepan place oil & fry the onion & garlic for 3 minutes
7. Stir in Quorn, tomatoes, chilli & oregano.
8. cook for a further 8 minutes
9. Preheat grill
10. Top the lasagne sheets with chilli & then cheese
11. Grill for 2-3 minutes



### Spicy Bean Burger

- 1 slice of bread
- 1/2 onion
- 1 x 400g can red kidney beans
- 1 x 5ml spoon ground chilli powder (school)
- 1 x 5ml spoon dried mixed herbs (school)

Container with a lid to take home in

1. Pre heat grill
2. Put bread in food processor
3. Peel and finely dice onion
4. Drain kidney beans place in mixing bowl
5. Add onion, herbs & chilli, blitz to form paste
6. Add breadcrumbs & mix
7. Flour chopping board. Divide mixture into 8. shape
8. Place on baking tray. Grill 4 mins each side



### Cheese & Onion Triangles

- 50g Cheddar cheese
- ½ small onion
- 100g plain flour
- 50g butter or hard baking fat
- 2 – 3 x 15ml spoons cold water

Container to take home in

1. Preheat oven to 180°C or gas mark 4.
2. Dice the onion
3. Mix the cheese and onion together
4. Make up the shortcrust pastry:
5. sift the flour into the bowl, add butter
6. Rub the mixture using your fingertips until you get breadcrumbs
7. Add cold water mix
8. Roll out pastry into a square
9. Cut the square into quarters
10. Spoon cheese& onion in the middle of the square
11. Brush edges of the pastry with water
12. Fold over each pasty, pinch them together
13. Bake for 20 minutes.



### Raspberry buns

200g Self raising flour

75g block margarine or butter

75g Caster sugar

2 Eggs

6 Teaspoon jam

Container to take home in

1. Preheat oven 190C Gas 5
2. Rub margarine into flour until you get breadcrumbs
3. Add sugar
4. Beat eggs in a small bowl
5. Add egg **VERY** carefully until you get a stiff dough
6. Make into a roll. Divide into 12 equal sized pieces
7. Place on a baking tray, pat into a round
8. Make a small dip in centre add ½ tsp jam
9. Bake for 15 minutes



### Welsh cakes

200g Self raising flour

50g Caster sugar

100g Butter

1 Egg

50g sultanas

Vegetable oil (school will provide)

Container to take home in

1. Sieve flour
2. Rub the butter into the flour until you get breadcrumbs
3. Stir in the sultanas and sugar
4. Beat the egg in a small bowl
5. Add egg to flour mixture until you get a stiff dough
6. Flour worksurface, roll out dough until 1cm deep
7. Cut out rounds using cutter
8. Cook in a greased frying pan for 1-2 minutes each side

