

KS3 Cooking Club Recipes 2018-2019

Notes to parents/carers:

- Please name label ingredients and containers clearly.
- Ingredients with a * will be provided by school.
- Chilled food must be refrigerated in the food room before am tutor.
- Cooking club takes place after school on Wednesdays from 3.35pm-5.15pm.
- Pupils must collect a permission letter from Mrs Alm if they would like to attend.

Date	Practical
Wednesday 19 th September	Bread and Butter Pudding
Wednesday 26 th September	Toad in the hole
Wednesday 3 rd October	Fruit Crumble
Wednesday 10 th October	Shortbread Biscuits
Wednesday 17 th October	Pasta Bake
Wednesday 31 st October	Jam Tarts
Wednesday 7 th November	Beef Stroganoff
Wednesday 14 th November	Vanilla Cupcakes

Bread and Butter Pudding

Ingredients List:

25g (1oz) margarine or butter
25g (1oz) raisins
4 slices of bread
2 eggs
300ml (1/2 pint) of milk
50g (2oz) sugar

**Oven proof dish
from home**

Equipment List:

Chopping board
Fork
Measuring jug
Table knife
White tray to put
ingredients on
Washing up bowl + squirt of
liquid
Dish cloth & tea towel

Method:

- 1) Collect equipment.
- 2) Turn oven on to 180°C /Gas 5.
- 3) Butter each slice of bread and cut into quarters diagonally.
- 4) Sprinkle the raisins into the bottom of your ovenproof dish.
- 5) Layer the bread on top of the raisins.
- 6) Break the eggs into the jug and whisk with a fork.
- 7) Add the milk and sugar to the jug and whisk again.
- 8) Pour the egg mixture over the bread and press the bread down gently with the back of the fork to allow the liquid to soak into the bread.
- 9) Cook until golden brown for about 20 mins and the egg mixture is set.
- 10) Wash up and clean work station.

Food Science:

The protein in egg will coagulate (set) in the heat and make custard with the milk

Toad in the hole

Ingredients List: Serves 3

6 sausages
1 tbsp oil*
100g plain flour
½ tsp salt (school) *
1 egg
250ml milk

Ovenproof dish to cook in and a container to take home in

Equipment List:

Measuring jug
Measuring spoons

Method:

- 1) Preheat the oven to 200°C fan or Gas mark 7.
- 2) Put the sausages and oil into the ovenproof dish and put in the oven to bake.
- 3) Sieve the flour and salt into a large bowl.
- 4) Drop the egg into the centre of the flour.
- 5) Add the milk gradually and beat with a large whisk until smooth.
- 6) When the oil in the ovenproof dish is hot and has a faint haze over it, pour the batter into the tin.
- 8) Bake for about 25 minutes until well risen and golden brown.

Food Science:

The Maillard Reaction: When proteins and sugars in meat reach 150°C they react with each other causing physical changes to the meat. The physical changes cause the meat to turn brown and smell cooked.

Dextrinisation: When the starch sugars in carbohydrates react with heat dextrin sugar forms. The formation of this sugar causes the food to brown. This is why the batter changes from a pale colour to a golden colour.

Fruit Crumble

Ingredients List:

200g plain flour
100g hard butter
100g caster/brown sugar
3 whole hard fruits e.g. cooking apples or pears or rhubarb
200g seasonal soft fruit. eg. plums, gooseberries, blackberries, peaches etc.

Optional: 30g oats

Oven proof dish to cook and take home in

Equipment List:

Sieve
Wooden spoon
Mixing bowl
Chopping board
Paring knife
Saucepan

Method:

- 1) Preheat the oven to 180°C fan or Gas 5.
- 2) Sift flour into mixing bowl and rub in the butter.
- 3) Add half the sugar & stir. Optional: add oats and stir.
- 4) Prepare the fruit by removing peel & stones & chopping into similar sized pieces.
- 5) Add hard fruits to a saucepan with 2-3 tbsp of water.
- 6) Gently heat until fruit has softened & turn off heat. Add remaining sugar & stir.
- 7) Add softened fruit to ovenproof dish & add soft fruits.
- 8) Sprinkle crumble topping on top.
- 9) Bake in oven for 20-25minutes until golden brown & bubbling

Food Science:

When rubbing the fat into flour the butter shortens the flour because it wraps itself around each strand of flour preventing the gluten from developing. This creates short strands of flour and a crumbly texture.

Shortbread Biscuits

Ingredients List:

1 Tray of biscuits
180g plain flour
125g soft butter
½ tsp vanilla essence*
55g caster sugar
Optional: lemon
A container to take
home in

Equipment List:

Palette knife
Cooling rack
Sieve
Rolling pin
Mixing bowl
Baking tray
Measuring spoons
Cookie cutters

Method:

- 1) Preheat the oven to 180 °C Fan/Gas 6
- 2) Lightly grease & flour a baking tray.
- 3) In a large mixing bowl, using a wooden spoon, beat the butter, ½ tsp vanilla essence (or lemon zest if using) and the sugar together until smooth.
- 4) Sieve in the flour to get a smooth dough.
- 5) Lightly flour a work surface and turn the dough out and gently roll out until the dough is 1cm thick.
- 6) Using a cutter, cut into your chosen shape or into long 'fingers'.
- 7) Lift onto the baking tray using a palette knife.
- 8) Bake in the oven for 12-15 minutes, or until pale golden-brown.
- 9) Set aside on a cooling rack.

Food Science:

When rubbing the fat into flour the butter shortens the flour because it wraps itself around each strand of flour preventing the gluten from developing. This creates short strands of flour and a crumbly texture.

Pasta Bake

Ingredients List:

175g Pasta shapes, e.g. penne, fusilli
400 g tin chopped tomatoes
1 onion chopped
100g mushrooms or peppers or
sweetcorn
2 Tbsp Olive oil
150g Mozzarella Cheese
50g Cheddar cheese , grated
2 tsp mixed herbs
1 clove garlic
salt and pepper*

Equipment List:

Saucepan
Slotted spoon
Colander
Chopping board
Paring knife
Measuring spoons
Can opener
Wooden spoon
Grater

Container to carry home in
Large oven proof dish

Method:

1. Collect equipment, organise work area.
2. Heat oven to 200C/Gas 6.
3. Fill pan 2/3 full with water and place on heat to boil. When water is boiling add the pasta, and simmer for 10 minutes until pasta is tender.
4. Drain pasta in colander, and place in ovenproof dish.
5. Whilst pasta is cooking prepare vegetables, cheese and garlic on a green board.
6. Gently heat oil in a saucepan, and then add onion, vegetables and garlic.
7. Add tomatoes, herbs and seasoning. Bring to the boil, and remove from the heat.
8. Pour over the pasta, add the chopped mozzarella and mix well.
9. Sprinkle over the grated cheddar and place in oven for 10 minutes.
10. Wash up, tidy area and check equipment

Food Science:

Gelatinisation: When pasta is cooked, the starch in the pasta reacts with the heat and thickens. This is called gelatinisation.

Jam Tarts

Ingredients List:

50g plain flour
125g cold butter
3-6 tbsp cold water*
½ jar of jam or lemon curd

A container to take home in

Equipment List:

Bun tin
Sieve
Measuring spoons
Rolling pin
Cookie cutter
Mixing bowl
Cooling rack

Method:

- 1) Preheat the oven to 180°C fan/Gas 6.
- 2) Grease a 12-hole bun tin.
- 3) Sieve the flour into mixing bowl.
- 4) Rub in the butter to resemble breadcrumbs.
- 5) Add water & mix to form a dough.
- 6) Flour the work surface lightly.
- 7) Roll out the pastry dough.
- 8) Use the circle cutter to cut out the pastry.
- 9) Push the circles into the bun tin and prick with a fork.
- 10) Fill with 1 tsp jam or lemon curd.
- 11) Bake in the oven for 20 minutes until golden.
- 12) Cool on a wire rack.

Food Science:

When rubbing the fat into flour the butter shortens the flour because it wraps itself around each strand of flour preventing the gluten from developing. This creates short strands of flour and a crumbly texture.

Beef Stroganoff

Ingredients List:

200g beef steak
150g mushrooms
1 onion
150g long grain rice
200ml water*
1 vegetable stock cube
2 tbsp crème fraiche
1 tbsp vegetable oil*
1 tsp paprika
1 tbsp plain flour*

A container to take home in

Equipment List:

Large saucepan (stroganoff sauce)
Medium saucepan (rice)
Green chopping board
Red chopping board
Paring knife
Measuring spoons
Measuring jug

Method:

- 1) Boil the water in a saucepan for the rice—cook rice 10-12mins until soft. Drain and put in container.
- 2) Peel and dice onion.
- 3) Slice mushrooms.
- 4) Slice beef into strips on a red chopping board.
- 5) Fry the onion and beef on a medium temperature in 1 tbsp oil until meat is cooked through.
- 6) Add the mushrooms and cook until soft, stirring constantly.
- 7) Mix in the paprika and the flour & cook for one minute.
- 8) Add the vegetable stock cube to the frying pan.
- 9) Gradually add 200ml of water to the frying pan. Stir occasionally and simmer for 10 minutes until reduced.
- 10) Once thickened add the crème fraiche & season.
- 11) Continue cooking until the sauce is hot, but not boiling. Serve with rice.

Food Science:

The Maillard Reaction: When proteins and sugars in meat reach 150°C they react with each other causing physical changes to the meat. The physical changes cause the beef to turn brown and smell cooked when fried.

Caramelisation: The natural sugars in the onion react with the heat causing the onion to brown.

Vanilla Cupcakes

Ingredients List:

125g Self-raising flour
125g Unsalted butter, softened
125g Caster sugar
2 Large free range eggs
1/2 tsp vanilla extract
1 tsp Baking powder
12 Cupcake cake cases

Equipment List:

Mixing bowl
Small metal bowl
Wooden spoon
Muffin tray
Cooling rack
Measuring spoons

Method:

1. Preheat oven to 180C / Gas 5 and place cupcake cases in muffin tray.
2. Collect equipment and organise your work area.
3. Place margarine, sugar, self-raising flour, baking powder and vanilla essence into a mixing bowl.
4. Crack egg into a small metal bowl and place shell in the bin. Check the egg freshness before adding it to the mixture.
5. Place egg into the mixture and beat all the ingredients together with a wooden spoon until mixture is a dropping consistency. Use an electric mixer if you need to.
6. When thoroughly combined spoon the mixture into the paper cases evenly with a metal spoon—Take Care—only fill the cases two-thirds full.
7. Bake for 15 - 20 minutes or until risen, golden brown and firm to the touch.
8. Wash up, clean and check equipment
9. Once cooked, cool on a wire cooling rack and then decorate.

Food Science:

Dextrinisation: When the starch sugars in carbohydrates react with heat dextrin sugar forms. The formation of this sugar causes the food to brown. This is why the sponge changes from a pale colour to a golden colour.

Aeration: Beating incorporates air into the mixture increasing the volume of the sponge and creating a light texture.

Vanilla/Lemon Butter Icing

Ingredients List:

75g butter
250g Icing sugar
1 decoration of choice

Vanilla Butter Icing

2 tablespoons milk
1 teaspoon vanilla extract

Or

Lemon Butter Icing

3 tablespoons lemon curd
Drop of yellow food colouring

Container to carry home in

Equipment List:

Mixing bowl
Wooden spoon
Sieve
Piping bag with nozzles

Method:

1. Beat the butter with a wooden spoon until creamy
2. Gradually beat in the sifted icing sugar
3. When the mixture is very light and smooth beat in the flavourings and colour, if using.
4. Put into icing bag.
5. Swirl or pipe on top of the cooled cupcakes. **The cupcakes must be cool or the butter icing will melt off.**
6. Add a simple decoration if using.
7. Wash up, tidy area and check equipment.