

KS3 Cooking Club 2 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 21 st November	Make Christmas Cake
Wednesday 28 th November	Marzipan and Ice Christmas Cake
Wednesday 5 th December	Decorate Christmas Cake
Wednesday 12 th December	Chocolate Log
Wednesday 19 th December	Mince Pies
Wednesday 9 th January	Beef Stroganoff
Wednesday 16 th January	Quick Lamb Rogan Josh
Wednesday 23 rd January	Tuna and Broccoli Bake

Nut Free Christmas Cake	
Session 1:	
<p>Ingredients List:</p> <p>200g Self-Raising flour 100g margarine or butter 100g caster sugar 2 eggs 2 tablespoons milk 150g mixed dried fruit (or can use cranberries, chopped apricots, sour cherries or figs) 1 orange 1 teaspoon mixed spice*</p>	<p>Equipment List:</p> <p>All equipment is provided by school including cake tins.</p>
<p>Method:</p> <ol style="list-style-type: none"> 1. Preheat the oven to 180°C, Gas Mark 4. 2. Mix the flour, salt and rub in the margarine or butter. 3. Stir in the sugar and dried fruit, mixed spice and rind of 1 orange. 4. Beat together the eggs and milk. 5. Combine all the ingredients and mix to a soft consistency. 6. Place in a greased and lined 15cm round cake tin and bake in the oven for 1-1¼ hours. 	

Nut Free Christmas Cake	
Session 2:	
<p>Ingredients List:</p> <p>1 x packet of marzipan 1 jar of apricot jam 1 packet of fondant icing</p>	<p>Equipment List:</p> <p>Please bring in a Silver cake board (or you can wrap up a plate in foil)</p>

Nut Free Christmas Cake

Session 3:

Ingredients List:

This depends on how you would like to decorate your Christmas tree.

- Cake decorations
- Festive ribbon
- You may want to bring in more icing and food colouring to make mini figurines of Christmas trees and snowmen.

Equipment List:

Please bring in a suitable container to take Christmas cake home in.

Chocolate Log

Session 4:

Ingredients List:

Butter Icing

125g butter/soft margarine
250g icing sugar
40g cocoa powder
1 Swiss roll
Decoration 1 silver cake board
Christmas decorations Icing sugar to dust

Equipment List: (All equipment provided by school)

Electric whisk Mixing bowl Palette knife Wooden spoon Fork

Please bring in a suitable container to take mince pies home in.

Method:

Make butter icing:

1. Soften butter/margarine using a wooden spoon or electric whisk
2. Sieve icing sugar and cocoa onto a plate.
3. Add icing sugar and cocoa to the butter a little at a time, mixing well after each addition.
4. If the icing is too stiff, add a little milk to the mixture-it needs to be easy to spread and not too dry.

Make Swiss Roll:

1. Unwrap the swiss roll.

Extension students need to cut it into a 'branch' shape carefully.

2. Place the cake onto the board and spread a thin layer of icing all over the cake.
3. Spread the remaining icing on top and make sure that all the surface of the cake is covered in icing.
4. Dip the knife in hot water and make the icing smooth.
5. Make the bark effect using a fork.
6. Arrange the decorations on top.
7. If you have icing left over you can pipe around the lower edge.
8. Sift the icing sugar over the log to give a Christmas effect.

Mince Pies

Session 5:

Ingredients List:

Shortcrust Pastry
200g Plain Flour
50g Lard
50g Margarine
Cold water to mix
Pinch of salt

Filling

400g mincemeat

For the top

A little milk*
Icing sugar to dust*

Equipment List: (All equipment provided by school)

Sieve
Mixing bowl
Palette knife
Measuring jug
Teaspoon
Pastry brush
7.5cm and 6cm fluted pastry cutters
Kitchen scissors
Greased bun tray

Please bring in a suitable container to take mince pies home in.

Method:

1. Make the shortcrust pastry, and divide the pastry into two equal portions.
2. Dust the surface with flour and then roll one pastry portion out to about 3mm thick and cut 12 rounds using the 7.5cm cutter. Transfer the rounds to the bun tin. Reroll the scraps as necessary.
3. Fill each base with mincemeat to the level of the pastry.
4. Dust the surface with flour and then roll the other pastry portion out to about 3mm thick and cut 12 rounds using the 6cm cutter. Reroll the scraps as necessary.
5. Dampen the edges of the small pastry rounds with water and press lightly into position to form lids and seal the edges.
6. Brush each lid with milk and make a couple of snips using the scissors.
7. Bake for 20 -25 minutes until golden brown.
8. Cool and dust with icing sugar

Beef Stroganoff

Session 6:

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*

Equipment List: (All equipment provided by school)

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

Please bring in a suitable container and bag to carry home in

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.

Quick Lamb Rogan Josh

Session 7:

Ingredients List:

225g lean lamb leg steaks or neck fillet, cubed
1 x 5ml spoon oil*
2 x 15ml spoons Rogan Josh curry paste
1 onion, sliced
1 clove garlic, crushed
200g can chopped tomatoes
2 tomatoes, cut into wedges
1 x 15ml spoon fresh coriander, chopped

Equipment List: (All equipment provided by school)

Measuring spoons, spoon, knife, chopping board, large saucepan, garlic press, spoon, can opener

Please bring a suitable container and bag to take home in.

Method:

1. Cube the lamb, slice the onion and cut the tomatoes.
2. Heat the oil in a large pan and add the lean lamb. Cook for 3-4 minutes.
- 3 Add the Rogan Josh curry paste, sliced onions and garlic. Cook for a further 2-3 minutes.
4. Add the canned and fresh tomatoes and cook for further 2 minutes.
5. Stir in the fresh coriander.
6. Serve.

Tips

- * Serve with boiled rice, naan bread and a side salad.
- * Replace the fresh tomatoes with thinly sliced courgettes, peppers or okra.
- * Batch cook – freeze portions for a rainy (busy) day!

Tuna and Broccoli Bake

Session 8:

Ingredients List:

100g medium pasta shapes- shells/penne/twists
40g cheese
100g broccoli florets
100g canned tuna (in water) drained
25g soft margarine
25g plain flour
250ml semi-skimmed milk
1x5ml spoon dried oregano
50g sweetcorn (canned or frozen)
Black pepper*

Equipment List: (All equipment provided by school)

White tray, plate, two saucepans, grater, chopping board, vegetable knife, colander, jug, plastic spoon, teaspoon, whisk, ovenproof dish or foil tray.

Please bring in an ovenproof dish and a suitable bag to take home in.
Please bring in tea towels to wrap around the hot dish.

Method:

1. Bring a saucepan of water to the boil, and then add the pasta. Simmer for about 10-12 minutes, until al dente.
2. Grate the cheese and cut the broccoli into small pieces.
3. While the pasta is cooking, make the sauce:
 - Place the butter or margarine, flour and milk into a small saucepan;
 - Bring the sauce to a simmer, whisking it all the time until it has thickened;
 - Reduce the heat,
 - stir in the oregano, and allow to simmer for 2 minutes.
4. During the last 2 minutes of the pasta boiling, add the sweetcorn and broccoli to the saucepan.
5. Drain the boiling hot water away from the pasta and vegetables into a colander in the sink.
6. Pour the drained pasta and vegetables into the sauce.
7. Stir in the canned tuna.
8. Pour the mixture into an ovenproof dish or foil tray.
9. Sprinkle the cheese over the top, and add a few twists of black pepper.

At home, reheat at Gas 4/180Deg C for 20 mins until the cheese is bubbling and golden brown.