



Y9 RECIPES

Academic Year: 2018-2019



CHEESECAKE

Ingredients List

150g digestive biscuits
75g soft spread/butter
200g cream cheese
125ml whipping cream
50g caster sugar
1 lemon
15-18cm flan dish

Decorate the top of your cheesecake with either strawberries or kiwi.

Equipment: Rolling pin, large bowl, small bowl, fork, plate, saucepan, wooden spoon, spatula.

Method

1. Crush the biscuits in plastic bag, use a rolling pin.
2. Melt soft spread/butter, then remove from the heat, add the biscuit crumbs and stir well.
3. Press mixture into the dish.
4. Zest the lemon with a grater. Use a juicer to squeeze out the juice.
5. In a medium bowl mix the cream cheese and sugar until soft. Add the lemon zest and juice and mix with a fork.
6. In a separate large bowl, whip the cream to soft peaks.
7. Add the cheese mixture to the cream and whisk until smooth. **Don't over whisk as this could cause the cheesecake to crack.**
8. Gently place the mixture over the biscuit base using a spatula.
9. Decorate with the fruit if time allows.

Danish pastry Shapes

Ingredients List

200g cream cheese

50g icing sugar

Tsp vanilla essence (optional)

1 pack of puff pastry

5 Strawberries

30g Blackberries

(Use can of cherries or frozen berries if strawberries/blackberries not in season OR you can just use jam)



https://www.youtube.com/watch?v=3_Pp9fwLkBY

Watch the link before the lesson to see how to make the different shapes!

Method:

1. Gently roll your pastry dough onto a lightly floured surface. Cut the pastry into even squares, as all of these shapes are based on a square. Use a clean ruler to help you to make your squares.

2. In a small bowl, mix the cream cheese, vanilla essence and icing sugar together.

The Pinwheel:

1. To make the shape, make four equal cuts at each corner of one square. Each cut should reach toward the centre of the square but not cut all the way through.



2. Grab one half of each corner and pull it toward the centre of the square. Then, add your cheese filling at the place where all the points meet. Decorate with a blueberry or strawberry.



The Envelope:

1. To make this shape, gently fold a square in half diagonally. Make two diagonal cuts along the outside edge of the triangle, leaving about $\frac{1}{4}$ " of pastry, or more if you are making larger treats.



2. Unfold the dough.



3. Take the outer "frame" edge and fold it over until it meets the cut you just made.



4. Repeat on the other side to form a diamond shape. Add your filling to the centre.



The Danish Pocket

This shape gives you a lot of layers. While I added my filling to the centre, you can squeeze in a little extra filling inside of the pocket to make your pastry sweeter and more indulgent.

1. To make this shape, make four equal cuts in the centre of each side of a square. Like in the pinwheel, the cuts should reach toward the centre of the square but not cut all the way through.



2. Grab each corner and pull it toward the centre of the square. Then add your filling at the spot where all the points meet.

Place pastries in a preheated oven of 180°C (160°C fan oven) for 20 minutes or until golden in colour.

Don't be a square

You can make all of these same shapes starting with circles of pastry, instead of squares. The curved edges will provide a different, impressive style.

Tips

You can use egg wash to help stick the pastry shapes down or to glaze the pastries before placing in the oven.

Spinach, Potato and Chickpea Curry

Ingredients:

1 onion
1 clove garlic
1 large potato
1 x 5ml spoon oil
2 x 15ml spoons curry paste
300ml water
1 can chopped tomatoes (400g)
1 can chickpeas (410g), drained
3 handfuls of fresh spinach

Method:

1. Prepare the onion, garlic and potatoes
 - a. slice the onion;
 - b. peel and crush the garlic;
 - c. peel and cut the potatoes into 1cm cubes.
2. Fry the onion and garlic for 2 minutes in the oil.
3. Stir in the curry paste, potatoes and water.
4. Add the tomatoes and chickpeas, then allow to simmer for 20 minutes, until the potato is tender.
5. Stir in the fresh spinach, and allow to cook for a further 2 minutes.

Risotto

Ingredients

1 onion diced
 1 tablespoon vegetable oil
 150g long grain rice or risotto rice
 550ml boiling water
 1 or 2 stock cubes
 Choose one of the three variations below:

Equipment

Kettle
 Knife
 Coloured chopping boards
 Vegetable peeler
 Large saucepan
 Wooden spoon
 Measuring jug
 Grater
 Tablespoon
 Teaspoon

Variation 1:

Chicken, bacon and pea risotto
 1 Chicken breast diced
 2 rashers bacon chopped
 50g peas

Variation 2:

Sweet potato, goats cheese and sage
 1 small sweet potato peeled and diced
 25g goats cheese
 1 teaspoon dried sage

Variation 3:

Mushroom, parmesan and thyme
 Small pack mushrooms chopped
 25g parmesan cheese grated
 1 teaspoon dried thyme

Method:

1. Boil water in kettle
2. Prepare all ingredients
3. Gently saute onion in oil until soft but not browned (add chicken and bacon / mushrooms and fry for a couple of minutes)
4. Stir in rice (and sweet potato)
5. Dissolve stock cubes in boiling water
6. Add stock to pan and bring to the boil. Turn down and simmer for approx 15 minutes or until water is absorbed.
7. Stir in cheese/herbs/peas
8. Transfer to container

SODA BREAD WITH CARAMELISED ONION CHUTNEY

Soda Bread:

Ingredients List:

225g plain flour
225g wholemeal flour
1 tsp salt
2 tsp bicarbonate of soda
2 tsp cream of tartar
1 tsp caster sugar
25g butter
1 pint skimmed milk or buttermilk

Equipment List:

Sieve
Teaspoon
Tablespoon
Measuring jug
Mixing bowl

Caramelised Onion Chutney: (Optional)

500g Onions
1 tbsp Olive oil
90g Dark brown sugar
60ml Malt Vinegar
1 Garlic cloves, crushed
1 tsp Wholegrain mustard
Pinch of Salt
¼ tsp Paprika

250ml jar (or plastic container if to be eaten same day)

Method

1. Oven Temperature: 190°C / Gas 5
2. Sieve all the dry ingredients into the bowl, tipping any bran into the bowl
3. Rub the butter into the flour, and then just enough of the milk/buttermilk to make a soft dough.
4. Knead the dough until smooth, and then shape on a baking tray into a large round, approximately 5cm thick.
5. Make a large cross in the surface of the dough using a wooden spoon.
6. Bake for 30-40 minutes until risen and firm. Start making your chutney!
7. Once cooked, allow to cool for 5 minutes on the baking tray before transferring to the cooling rack.

Caramelised Chutney Method:

1. Peel and slice onions very thinly. Gently heat the oil in large pan with a lid and soften the onions with the lid on. Stir occasionally to stop them from browning.
2. Stir in 3tbsp of sugar and turn up heat so that the onions caramelize. They will go a rich brown colour, but don't let them burn. Add the rest of sugar, Malt Vinegar and the remaining ingredients.
3. Simmer for 15 mins until the mixture becomes thick. Spoon into a sterilised jars (about 250ml jar).

VEGETABLE SAMOSAS

Ingredients List

1/2 potato
1/2 carrot
1/2 onion, chopped
1 tblsp spoon oil
½ red chilli, chopped
1 tsp spoon garam masala
1 tsp ground cumin
½ 5ml spoon turmeric
2-3 tblsp spoons water
25g peas (frozen)
1tblsp chopped fresh coriander
1 pack filo pastry
2-3 tblsp oil

Method

1. Preheat oven to 200°C or gas mark 6.
2. Peel and dice the potato and carrot (pea sized).
3. Par-boil for 5-8 minutes.
4. Fry the onion in the oil for 4-5 minutes.
5. Add the chilli and spices and cook for a further 1 minutes.
6. Drain the potatoes and carrots in a colander.
7. Add the potatoes, carrots and water to the onion mixture, fry gently for 5 minutes.
8. Add the peas and coriander.
9. Remove from the heat and allow to cool.
10. Lay 2-3 sheets of filo pastry on the work surface.
11. Cut into 10 cm wide strips. Brush with melted butter.
12. Place tblsp of filling in the bottom left-hand corner. Fold over to make a triangle. Repeat this process.
13. Place on a baking sheet and repeat the process. Brush the samosas with melted butter and bake for 10 minutes

Meatballs and Tomato sauce

Ingredients:

Meatballs
250g Beef or Quorn mince.
1 onion.
1 slice of bread
1 egg
Salt & pepper
For the sauce:-
1 tbsp Olive oil
1 clove garlic
1 x 400g tin chopped tomatoes
1 tsp sugar
½ tsp mixed herbs

Equipment:

Sharp knife
Chopping board
Baking sheet
Frying pan
Wooden spatula
Food processor

Method:

1. Preheat oven temperature 200°C or Gas 6
2. Chop onion finely. (Chop fresh herbs and grate cheese if using)
3. Place bread in food processor to whizz into breadcrumbs.
4. In a large mixing bowl, add the mince, chopped onion, breadcrumbs, beaten egg and pinch of salt & pepper (plus any other ingredients you have chosen). Mix together really well, using your hands so that the mixture is thoroughly combined.
5. Roll the mixture into golf ball sized meatballs and place on a greased baking sheet on a baking tray. Mixture will make 12 – 15 meatballs.
6. Roast in the oven for approximately 25 mins. (The internal temperature of the meatballs must be above 75°C)
7. Make the sauce while the meatballs are cooking. Heat oil in frying pan. Add chopped garlic. Stir in the tomatoes, sugar, herbs and seasoning.
8. Simmer for 10 mins until slightly thickened.
9. Stir the cooked meatballs into the sauce.

PUERTO RICAN CHICKEN

Ingredients List

90g basmati rice
2 tbsp sunflower oil
4 chicken pieces
Salt and pepper
1 onion, roughly chopped
1 red pepper, deseeded and thinly sliced
1 green pepper, deseeded and thinly sliced
2 garlic cloves, finely chopped
½ tsp ground all spice
1 teaspoon of turmeric
2cm fresh root ginger
1 hot chilli, ideally scotch bonnet.
300ml chicken stock
1 bay leaf 50g pitted green olives, ideally stuffed with pimento

Small bowl 1

Onions
Pepper
Garlic

Small bowl 2

Allspice
Turmeric
Ginger
Chili

Method

1. Wash the rice in a sieve, until the water runs clear. Season the chicken with salt and pepper.
2. Heat the oil in a frying pan and brown the chicken on all sides. Use tongs to turn the chicken over.
3. Remove the chicken from the pan and put into your casserole dish.
4. Rinse the rice in a sieve under a running tap of cold water until the water runs clear. Then pour the rice around the chicken in the casserole dish.
5. Fry the onion on a medium heat, peppers and garlic and fry gently until peppers soften.
6. Turn the heat right down and add the allspice, turmeric, ginger and chilli and cook for a minute longer. **Remember to wash your hands after handling chili, do not rub your eyes!**
7. Add the vegetables to the chicken in the casserole dish.
8. Add the stock, thyme, bay leaf and season well.
9. Oven cook for 40 minutes at gas mark 5/6,
10. 15 minutes before the end of cooking time add the olives.

When it is done there should be a golden crust of rice on the top, the stock should be absorbed and the chicken cooked through, check this by piercing to make sure the juices run clear or use a food probe. Insert the food probe into the thickest part of the chicken and the temperature must be at least 75°C. Place back in the oven if not cooked. If cooked, serve with lime wedges to squeeze over.

VEGETARIAN PUERTO RICAN CASSEROLE

Ingredients List

90g basmati rice
2 tblsp sunflower oil
1 sweet potato, peeled and cut into bite sized pieces
salt and pepper
1 onion, roughly chopped
1 red pepper, deseeded and thinly sliced
1 green pepper, deseeded and thinly sliced
1 courgette thickly sliced
1 tin chick peas
1 tin kidney beans 2 garlic cloves, finely chopped
½ tsp ground all spice
1 teaspoon of turmeric
2cm fresh root ginger
1 hot chilli, ideally scotch bonnet.
300ml vegetable stock
1 bay leaf 50g pitted green olives, ideally stuffed with pimento
1-2 sprigs thyme

Small bowl 1: Step 3

Allspice
Turmeric
Ginger
Chili

Method

1. Wash the rice in a sieve, until the water runs clear.
2. Heat the oil in a frying pan and fry all the vegetables together.
3. Add the allspice, turmeric, ginger and chilli and cook for a minute longer.
4. Add the vegetables to the casserole dish. Stir in the drained chick peas and kidney beans
5. Pour the rice round the vegetables, add the stock, thyme, bay leaf and season well.
6. Oven cook for 40 minutes at gas mark 5/6,
7. 15 minutes before the end of cooking time add the olives.
8. When it is done there should be a golden crust of rice on the top, the stock should be absorbed and the vegetables cooked until tender. Serve with lime wedges to squeeze over.