

Key Stage 3 Recipe Book



Year 7

HEALTHY EATING



Easter Muffins

Ingredients

- 115g Plain Flour
- 30g Cocoa Powder
- ½ tbsp Baking Powder
- Pinch of Salt
- 60g Light Brown Sugar
- 3 tbsp Sunflower Oil
- 1 Egg
- 125ml Buttermilk

Method

1. Preheat oven 200°C
2. In a large glass bowl weigh and sieve Plain Flour, Cocoa Powder, Baking Powder and Salt
3. Add Light Brown Sugar , stir into mixture to combine
4. In a measuring jug put the Egg and beat lightly with a fork Put the measuring jug on the scales and weigh Buttermilk and add Sunflower oil and beat well
5. Make a well (hole) in the centre of the dry ingredients and pour in the beaten liquid mixture. Stir gently until ingredients are combined, do not over mix
6. Spoon mixture equally into the 6 muffin cases
7. Bake in oven for 20 minutes



Scones

Ingredients

- 250g Self Raising Flour
- 50g Margarine
- 25g Sugar
- 100 ml Milk
- 50g Dried Fruit

Oven Temperature

- 200°C/Gas Mark 6

Method

1. Weigh out ingredients carefully
2. Place flour and margarine in a bowl
3. Rub in to look like breadcrumbs
4. Add the sugar and dried fruit, stir
5. Add the milk carefully stir with a knife
6. Collect together lightly into a ball
7. Press out to the thickness of a knife
8. Cut out, place on a floured tray
9. Cook for 10- 15 mins



Pizza

Ingredients

- 250g Self Raising Flour
- 50g Margarine
- 100ml Milk
- 3 tablespoons Tomato Puree/Sauce.
- 100g Cheese
- Mixed Herbs
- 2-3 other Toppings

Method

1. Make scone base as for scones
2. Add cheese instead of sugar (optional)
3. Roll out to a large circle
4. Add tomato and spread
5. Add mixed herbs and grated cheese
6. Add other toppings
7. Cook for 15-20 mins until golden brown



Fruit Salad

Ingredients

- 400ml Fresh Fruit Juice
- 1 Apple
- 1 Orange
- 1 Banana
- A small bunch of Grapes

Extra ingredients

1 Kiwi 1 Mango Pineapple
A piece of Melon
Any other fruit you like

Method

1. Collect equipment
2. Place fruit juice in a bowl
3. Wash fruit
4. Peel and prepare fruit slice and add to bowl
5. Stir well cover with juice
6. Place in fridge
7. Wash up and clear away



Pasta Salad

Ingredients

- Pasta
- 100g Cheese/Ham/Chicken/Tuna
- 1 Onion/Spring Onion
- 1 Tomato
- 1 Pepper - Red/Green
- Mushrooms
- Sweetcorn
- Salad Cream/Mayonnaise.

Method

1. Cook pasta in a large pan and lots of water
2. Check time on packet
3. Chop up meat or cheese
4. Prepare and chop vegetables into small pieces. (use a chopping board and sharp knife)
5. Drain pasta using a colander
6. Mix all together and add dressing
7. Serve



Fairy Cakes

Ingredients

- 65g Margarine
- 65g Caster Sugar
- 1 Egg
- 50g Self Raising Flour
- ½ tsp Baking Powder
- 6 Paper Cases

Method

1. Cream together the marg and sugar, until light and fluffy
2. Lightly beat the egg. Add the egg mixture gradually
3. Fold in the flour and baking powder do not over mix
4. Divide mixture in 6 cake cases
5. Cook 200°C for 10-12mins
6. Once cooked, leave to cool. Ice when cooled



Sausage rolls

Ingredients

- 500g sausages/sausage meat
- A packet frozen puff pastry
- 1 egg

Oven Temperature

220°C/Gas Mark 6

Method

1. Light the oven
2. Roll out pastry to a large oblong
3. Divide into two, place sausage on each piece, roll up and cut into rolls
4. Place on a tray and glaze with egg
5. Cook for 20-30 mins



Rock Cakes

Ingredients

- 200g Self Raising Flour
- 75g Margarine
- 75g Sugar
- 1 Egg
- Chocolate Chips

Method

1. Rub in together the margarine and flour to resemble breadcrumbs
2. Add sugar and mix well. Add chocolate chips
3. Lightly beat the egg. Add the egg to mixture mix until comes into a dough
4. Divide the mixture into rock shapes put onto a floured tray
5. Cook 200°C for 15-20mins
6. Put onto cooling wire to cool



Apple/Fruit Crumble

- Ingredients

- 1 Tin fruit pie filling
- 50g sugar
- 100g flour
- 50g margarine
- 50g oats
- 75g sugar
- Oven proof dish

- Oven temp

- 200°C

- ▶Method

1. Peel and slice apples
2. Place apples in cold water.
3. Make crumble by placing flour and margarine together and rubbing in to look like breadcrumbs add sugar and stir
4. Place apples in dish
5. Cover with crumble and cook for 20-30mins until light brown.



Shortcrust Pastry – Jam Tarts

Ingredients

- 150g Plain Flour
- 75g Block Margarine or Butter
- ¼ tsp Salt
- 6 tsp Cold Water
- Jar of Jam

Method

1. Sieve flour and salt into a bowl
2. Cut fat into small pieces, add to bowl and rub into flour until it resembles breadcrumbs
3. Add 9 tsp of water, mixing with a table knife until mixture starts to come together
4. Use hands to form a dough then knead lightly
5. Roll out pastry, use pastry cutters, put circles into bun tin, fill with jam
6. Cook for 12 minutes at 200°C/Gas Mark 6



Marble Fruit Tray Bake

Ingredients

- 100g Sugar
- 100g Margarine
- 2 Eggs
- 100g Self Raising Flour
- 1x15ml Cocoa
- 1x5tsp Baking Powder
- Fruit of Choice

Oven Temperature

180°C/Gas Mark 4

Method

1. Light the oven
2. Grease and line baking tin. Add Fruit in small pieces
3. Weigh out ingredients
4. Place margarine, sugar, eggs, and flour in a large bowl and mix well until light and fluffy
5. Place $\frac{1}{2}$ mixture in tin in 4 lumps
6. Add cocoa to remaining mixture and mix place in tin mix together to make marble effect
7. Cook 20-30mins until firm when touched



Sweet Muffins

Ingredients

- 150g Self Raising Flour
- 1tsp Baking Powder
- 75g Sugar
- 1 Egg
- 3 tablespoons Vegetable Oil
- 150ml Milk
- Chocolate Chips



Method

1. Weigh flour, baking powder, sugar and choc chips into the mixing bowl
2. Measure out the milk and vegetable oil into a jug
3. Add the egg to the jug and beat with a fork
4. Add the contents of the jug to the dry ingredients in the mixing bowl and mix with a metal spoon until combined and then pour back into the jug
5. Divide the mixture evenly between the 6 cake cases
6. Cook in the oven for 15 minutes until well risen and golden

Pizza Muffins

Ingredients

- 100g Self Raising Flour
- 1 Egg
- 1 tsp Baking Powder
- 1 tbsp Vegetable Oil
- 25g Cheese
- 2 tbsp Milk
- Peppers
- Salt and Pepper
- Cherry Tomatoes
- 1 tsp Tomato Puree
- 1 tbsp Natural Yoghurt



Method

1. Grate the cheese and put into a mixing bowl
2. Add the flour, baking powder, salt and pepper to the mixing bowl
3. Measure out the yoghurt, milk and vegetable oil into a jug
4. Add the tomato puree and the egg to the jug and beat with a fork
5. Wash and dice the peppers and put into the jug
6. Add the contents of the jug to the dry ingredients in the mixing bowl and mix with a metal spoon until combined and then pour back into the jug
7. Divide the mixture evenly between the 6 cake cases and cut the cherry tomatoes and put one into the top of each muffin
8. Cook in the oven for 15 minutes until well risen and golden.

Baby Carrot Cakes

Ingredients

- 40g Carrots
- 40g Margarine
- 1 Egg
- 40g Golden Caster Sugar
- 65g Flour
- ¼ tsp Baking Powder
- ¼ tsp Mixed Spice
- 1 tbsp Sultanas

Method

1. Peel and grate carrots on to a plate.
2. Put margarine, sugar, flour, baking powder, spice and egg into a bowl, beat well for 2 mins
3. Add the carrots and sultanas, mix
4. Divide into 6 paper cases in the muffin tray
5. Cook for 12 mins until golden. Leave to cool
6. Top with butter icing and mini egg



YEAR 8 BREAD



Bread Rolls/Flavoured Bread

Ingredients

- 250g Strong bread flour
- 1 teaspoon yeast
- 1 tablespoon oil
- 1 teaspoon salt
- 150ml warm water

Method

1. Place flour, salt, oil, and yeast in a bowl
2. Add enough warm water to collect together
3. Turn on to table and knead for 5-10 minutes until smooth and elastic
4. Divide into 8 and shape into rolls
5. Place on greased tray and cover with cling film
6. Prove in top oven until doubled in size
7. Cook in a hot oven 230 °C for 10-15 mins until golden brown



Chelsea Buns

Ingredients

- 250g strong bread flour
- 1 tsp yeast
- 1 teaspoon salt
- 1 tablespoon oil
- 150ml warm water
- 25g margarine
- 25g sugar
- 25g currants

Other Flavourings

- Chocolate spread/chocolate chips
- Tomato puree/cheese
- Sun dried tomatoes/basil

Method

1. Place all ingredients together and knead for 5-10 min until stretchy and smooth
2. Roll out into a large oblong
3. Spread with margarine and sprinkle with sugar add the currants
4. Roll up and cut into slices
5. Place on a greased baking tray, cover with cling film
6. Leave to rise
7. Cook in a hot oven 220°C for 10-15mins.



Pizza

Ingredients

- 250g Strong Flour
- 1teaspoon Yeast
- 1teaspoon Salt
- 1tablespoon Oil
- 150ml Warm Water
- Tomato Puree/Sauce
- 150g Cheese
- Mixed Herbs
- $\frac{3}{4}$ other Toppings

Method

1. Light oven 100°C/Gas Mark1/2
2. Make bread by mixing all ingredients together and kneading for 10mins
3. Roll out to a large round circle
4. Spread with tomato
5. Add herbs and grated cheese
6. Add any other toppings
7. Cook for 10mins at 220°C



French Brioches

Ingredients

- 1 packet Yeast
- 1 tablespoon Sugar
- 225g Bread Flour
- ½ teaspoon Salt
- 2 Eggs beaten
- 50g Butter melted
- 1 ½ tablespoons Warm Water

Method

1. Place flour, yeast, salt, sugar, into a bowl mix
2. Add eggs and butter mix to a smooth dough and knead for 5 mins
3. Divide into 6 shape place in a warm area to doubled in size
4. Glaze with beaten egg
5. Cook for 10mins



Hot Cross Buns

Ingredients

- 250g Strong Bread Flour
- 1 tsp Yeast
- 25g Sugar
- 25g Margarine
- 25g Currants
- 1teasp Mixed Spice
- 1 tsp Cinnamon
- 1 Egg
- Warm Water

Method

1. Place flour, margarine, sugar, yeast, salt, mixed spice, currants, cinnamon into a bowl
2. Add egg and enough warm water to collect together
3. Knead for 10mins shape in to 8 rolls
4. Leave to rise 20 to 30mins covered
5. Cook for 10 to 15mins
6. Glaze. Eat



YEAR 8 BISCUITS



Shortbread

Ingredients

- 150g plain flour
- 100g butter / margarine
- 50g sugar

Oven Temperature

180°C/Gas Mark 4

Method

1. Flour a baking tray
2. Place flour, butter and sugar in a large bowl and rub in
3. Squeeze the mixture together into a lump
4. place on tray, flatten slightly and decorate. Divide into 8 triangles
5. Cook for 20-30 mins until light in colour
6. Sprinkle with sugar and leave to cool



Cookies

Ingredients

- 150g Self Raising Flour
- 75g Margarine
- 75g Sugar
- 1/2 Egg
- Chocolate Chips or Dried Fruit

Oven Temperature

- 200°C

Method

1. Flour a baking tray
2. Weigh out all ingredients
3. Cream the sugar and margarine together until soft and fluffy, use a wooden spoon
4. Slowly add the egg, mix well after addition
5. Add any flavourings
6. Stir in the flour until a thick dough is formed
7. Shape into cookies
8. Cook for 15-20 mins until golden brown



Gingernut biscuits

Ingredients

- 100g Self Raising Flour
- 1 teaspoon Ginger
- ¼ teaspoon Bicarbonate of Soda
- 50g Margarine
- 25g Sugar
- 1 tablespoon Syrup

Method

1. Flour a baking tray
2. Sieve the flour with the ginger and soda onto a plate
3. In a pan melt the syrup, margarine and sugar over a low light remove from oven
4. Stir in the flour, mix well shape with wet hands
5. Place on the tray
6. Cook for 10 mins



Crunchy oat cookies

Ingredients

- 75g Oats
- 50g Plain Flour
- 1teaspoon Ginger
- 50g Margarine
- 50g Sugar
- 50g Sultanas
- 1level tbsp Syrup
- ½ teaspoon Bicarbonate of Soda

Method

1. Light the oven 180°C
2. Grease a baking tray
3. Mix together oats, flour and ginger
4. Melt margarine, sugar and syrup in a pan
5. Remove from heat and stir in the bicarbonate of soda
6. Pour in the oat mix and sultanas
7. Place on tray in small lumps
8. Bake for 10-15 mins
9. Cool on tray



Oaty Raisin Cookies

Ingredients

- 50g Margarine
- 50g Sugar
- 1tbsp Honey
- 1 Egg
- 1 tsp Cinnamon
- 50g Wholemeal Flour
- 1 tsp Baking Powder
- 80g Oats
- 50g Raisins

Method

1. In a bowl mix margarine & sugar until soft
2. Add 1tbsp of honey and mix
3. Add egg & cinnamon and mix well
4. Add flour, baking powder, oats & raisins, mix well
5. Drop heaped spoonfuls of cookie dough onto a floured baking tray (min 6 max 10)
6. Cook in the oven at 180° or Gas mark 4 for 10-12 mins



Flapjack by melting method

Ingredients

- 250g porridge oats
- 150g margarine
- 150g sugar
- 4 tablespoons syrup

Oven Temperature

200°C/Gas Mark 4

Method

1. Grease and line a swiss roll tin
2. Melt sugar, syrup, and margarine in a pan over a low light
3. Remove from heat and weigh the oats directly into the pan, stir well
4. Place in tin, flatten with back of a spoon
5. Cook for 15 mins until golden brown but soft. Cut and leave to cool



Chocolate Brownies with Fudge Sauce

Ingredients

- 200g Margarine
- 25g Cocoa Powder
- 175g Sugar
- 75g Self Raising Flour
- 2 Eggs
- 40g Butter
- 40g Caster Sugar
- 100g Condensed Milk
- 15g Chocolate Chips
- 15g choc chips to decorate

Method

1. Weigh margarine, sugar and cocoa powder into a pan
2. Weigh flour onto a plate
3. Melt ingredients on a low heat on the hob
4. Once melted remove from heat
5. Add flour to mixture, mix well
6. Beat eggs well in a separate bowl
7. Add eggs to mixture. Mix well
8. Pour mixture into the square tin
9. Cook at 200°C for 15-20mins
10. Melt butter & sugar in a small pan
11. Stir in the condensed milk
12. Bring to a boil and then take off the heat let the mixture cool for 5 mins
13. Stir in 15g choc chips
14. Pour icing over your cake scatter the remaining choc chips for decoration.



YEAR 9 COOK CHILL



Spaghetti Bolognese.

Ingredients

- 125g Mince
- ½ Onion
- ½ tin Tomato
- Mixed Herbs
- Tomato Puree
- 50g Mushrooms
- 125ml Water and Stock Cube
- Other vegetables, if wanted e.g Courgettes, Carrots, Peppers

Method

1. Fry chopped onions and meat until brown
2. Add tomatoes, herbs, puree, water and stock cube
3. Add any extra vegetables, stir well
4. Bring to the boil, simmer gently for 20mins
5. Serve with spaghetti



Chicken Curry

Ingredients

- 500g Chicken
- 1 Onion
- 1 Tablespoon Tomato Puree
- 1 dessertspoon Curry Powder
- 50g Mushrooms
- 250ml Water and Stock Cube
- Other vegetables, if wanted e.g Courgettes, Carrots, Peppers

Method

1. Fry chopped onions and meat until brown
2. Add any extra vegetables, stir well
3. Add curry powder, tomatoes, herbs, puree, water and stock cube
4. Bring to the boil, simmer gently for 20mins
5. Serve with rice



Stir-Fry

Ingredients

- 100g Beef
- 25g Olive Oil
- 1 Carrot
- 1 Onion/Spring Onion
- 1-2 Peppers
- Bean Sprouts
- 50g Mushrooms
- Noodles/Rice
- Soya Sauce

Method

1. Cut beef into thin strips
2. Prepare vegetables by slicing into even sized pieces
3. Fry in the oil for 2-3 mins
4. Cook the noodles in boiling water
5. Add noodles to wok add Soya sauce and serve



Pasta Bake

Ingredients

- 75g Macaroni or Pasta Shapes
- 250ml Milk
- 25g Margarine
- 25g Flour
- 75-100g Cheese, grated

Optional Ingredients

- 50g Fried Bacon
- 1 Onion
- Peppers

Method

1. Put pan of water onto boil, once boiled add pasta
2. Cut up bacon and onions, sauté in a small pan. Once cooked, add to serving dish
3. Make sauce – melt 25g margarine in small pan, add 25g plain flour and mix well to make a roux, cook 1 min
4. Gradually add milk on a high heat, stirring constantly. Keep adding milk until correct thickness is achieved. Cook for 2 mins
5. Add half the cheese
6. Drain pasta, put into dish and top with sauce, then add rest of the cheese



Toad in the Hole

Ingredients

- 1 packet Sausages
- 100g Plain Flour
- ½ pint Milk
- 2 Eggs
- Pinch of Salt
- Oil

Oven Temperature

220°C

Method

1. Pour 2 tbsp oil into each hole in the bun in, put into the oven to heat up
2. Brown off sausages in a frying pan, drain and cut into small pieces
3. Make batter, use electric whisk, whisk eggs, milk, flour and salt until frothy
4. Remove tin from oven, divide sausages into tins, pour batter over the top
5. Cook 25 mins, until well risen and golden brown.



Sweet and Sour Pork

Ingredients

- 100g Pork
- 1/4 Pepper
- 1 Onion
- ½ tin Pineapple pieces
- ¼ teaspoon Ground Ginger
- ½ tablespoon Cornflour
- ½ tablespoon Sugar
- ½ tablespoon Vinegar
- ½ tablespoon Soy Sauce
- ½ tablespoon Tomato Puree

Method

1. Cut up chicken into thin strips
2. Slice onion and vegetables
3. Using a frying pan, fry the meat and vegetables
4. Drain the pineapples into a measuring jug, add to the Frying pan
5. Place the corn flour, sugar soy and vinegar into the jug with the juice and stir until smooth
6. Add to the Frying pan and stir until thick
7. Serve with rice



Chicken Nuggets

Ingredients

- 1 or 2 chicken portions
- 2 slices of bread
- 1 egg
- 50g flour

Oven Temperature

200°C

Method

1. Cut chicken into bite sized pieces
2. Cut crusts from bread and make into breadcrumbs in the food processor. Season
3. Beat egg in a bowl, put flour onto a plate
4. Coat chicken in flour, then bread then breadcrumbs
5. Once all chicken is coated, put onto a baking tray, cook 10-15 mins. Make sure chicken is white throughout



Beef Burgers

Ingredients

- 250g Mince
- 2 level tablespoons Breadcrumbs
- 2 tablespoons Single Cream
- 2 teaspoons Tomato Sauce
- 1/2 tsp Salt
- 1/2 tsp Mixed Herbs

Method

1. Combine all ingredients well in a bowl
2. Shape into 6 evenly sized burgers
3. Either grill or shallow fry burgers, cooking for 4-5 mins on each side
4. Blot burgers on kitchen towels to remove excess oil.



Chilli Con Carne

Ingredients

- 500g Mince
- 1 Onion
- 1 tin Tomato
- 5 -10 ml Chilli Powder
- Tomato Puree
- 1 Green Pepper
- 250ml Water and Stock Cube
- 1 tin Kidney Beans

Method

1. Fry chopped onions and meat until brown
2. Add sliced pepper to the mince
3. Add chilli powder and tomatoes, tomato puree, water and stock cube, stir well
4. Bring to the boil, simmer gently for 20mins
5. Serve with rice



Fried Rice

Ingredients

- 100g Rice
- 2-3 Bacon/Ham
- 2 Eggs
- 1 Onion
- 50g Peas
- 2 tablespoon Oil
- Soya Sauce

Method

1. Cook the rice
2. Peel and chop the onion
3. Cut the bacon into small pieces and fry, place on plate
4. Fry the bacon add to the plate
5. Break eggs into a bowl mix well. Scramble in wok remove to plate
6. Fry the rice and add the onion, bacon, peas, eggs and flavour with soya sauce



Little Black Forest Cakes

Ingredients

- 75g Caster Sugar
- 3 eggs
- 50g Self Raising Flour
- 25g Cocoa Powder
- 100ml Double Cream
- 3 Cherries
- 75g Black Forest fruit
- 3 Cubes of Chocolate to grate
- 1 tsp Cherry Cordial



Method

1. Weigh sugar into large bowl, add 3 eggs. Whisk until very thick and creamy using an electric whisk
2. Sieve flour and cocoa powder onto a plate, add to bowl, FOLD in using a metal spoon. Fold in slowly and carefully until all flour is mixed. Pour into baking tray, tip tray to get mix into the corners, cook for 10-12 mins. until firm to touch
3. While cake is cooking, whisk double cream. Add the cordial to the fruit
4. Turn out cake, remove paper, using cake cutter, cut out 6 cakes. Drizzle juice from the fruit over 3 pieces of cake
5. Spread cream onto 3 remaining cakes, top with black forest fruit, put top onto cakes, pipe more cream and top each cake with a cherry and grated chocolate. Serve

Picnic Bars

Ingredients

- 150g Margarine
- 85g Black Treacle
- 225g Porridge Oats
- 50g Demerara Sugar
- 1 tsp Cinnamon
- 45g Seeds

Method

- Weigh margarine, sugar and treacle into a saucepan. Melt gently on a low heat
- Weigh oats and cinnamon and seeds into a bowl
- Pour melted mixture into the bowl and mix well
- Pour into a cake tin, flatten using the back of a spoon
- Cook for 15 minutes
- Divide into 16 pieces, leave to cool for 5 minutes before turning out onto a cooling tray



Brownie Cupcakes

Ingredients

- 120g Chocolate
- 45g Butter
- 1 Egg
- 100g Dark Brown Sugar
- 70g Plain Flour
- 6 Cake Cases

Method

1. Place Chocolate and butter in a pan, melt together slowly on a low heat, leave to cool
2. Whisk together the eggs and sugar
3. Add the flour and mix until combined
4. Add the chocolate mixture
5. Divide into 6 cases, cook for 20 mins on Gas Mark 6, 200°C

Leave to cool

