

## YEAR 9

### **1. Spring Rolls**

Vegetable cuts and their different uses  
Cooking Methods, Recipe design  
Different types of pastry and its different uses

### **2. Quiche pastry (home work)**

Pastry making, rubbing in method

### **2. Quiche Filling**

Egg custard filling  
Vegetable preparation

### **3. Sticky toffee pudding**

Grilling  
Raising agents  
Commodities - Sugar

### **4. Cottage pie**

Composite meal  
Multi-tasking  
Piping  
Meat preparation

### **5. Bread and Butter Pudding**

Egg separation, custard making  
Food waste – Reduce, reuse, recycle

### **6. Risotto**

Absorption, reduction  
Patience and focus  
Customer satisfaction

### **7. Carbonara**

Roux based sauce  
P2i composite meal  
Independence

### **8. Bake well tart**

Pate sucre, rubbing in method  
Blind baking

### **9. Chicken, Mayonnaise, Flatbread**

High risk foods  
Meat preparation and cookery,  
Commodities, Bread making

### **10. Brownies**

Baking precision, Counterpointing,  
Coeliac and special dietary needs.  
Decoration/presentation

## Flat bread

250g strong plain flour  
5g/1 sachet dried yeast  
15g unsalted butter  
155 ml cool water  
5g/Pinch of salt  
Flavourings for the bread ie.  
Cheese/tomatoes/olives/Onion  
Chicken breast

## Quiche

Pastry:  
200g Plain Flour  
100g Cold butter  
Filling:  
3 eggs  
50ml milk  
50g grated cheese  
Vegetables/Meat e.g.  
Bacon, mushrooms, broccoli.

## Sticky Toffee Pudding

For the pudding  
40g dates, stones removed,  
chopped  
75ml hot water  
Pinch of bicarbonate of soda  
30g butter, softened  
30g caster sugar  
1 free-range egg  
75g self-raising flour  
**For the toffee sauce**  
50g butter  
100g brown sugar

## Spring Rolls

1 packet of filo pastry  
50g polyunsaturated margarine  
1 clove garlic  
5cm root ginger  
1 onion  
200g beansprouts  
1 carrot  
1 green pepper  
1 red pepper  
  
Salt and pepper  
Soy sauce  
Can be provided by school

## Cottage pie

100g beef mince  
1/2 an onion  
1-2 carrots  
2 tablespoons of stock  
1/2 can of chopped tomatoes  
A good squeeze of tomato puree

### Mashed potato topping:

200g potatoes  
A little milk and butter

## Carbonara

100g spaghetti/ Linguine  
100g Cheddar cheese  
3 rashers of bacon  
or 100g of mushrooms or both  
25g soft margarine  
25g plain flour  
250ml semi-skimmed milk  
Black pepper

## Risotto

1 teaspoon Oil  
10g Butter  
1/2 onion  
200g fresh or frozen mixed vegetables (e.g.  
Peas, Carrots, Mushrooms, Peppers)  
100g Arborio Rice  
500ml of vegetable stock made from 1 cube  
50g grated cheese (Dorset Blue or cheddar)