



# Burnley High School

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*Year 8 Recipes*

## Schedule

Please find below the dates for when your child will be cooking each dish:

W/C 16/09/24 Salt and Pepper Chicken

W/C 23/09/24 Fish Goujons & Wedges

W/C 30/09/24 Mini-NEA (Not cooking this week)

W/C 07/10/24 Cottage Pie

W/C 14/10/24 Chocolate French Toast

\*\*\*Half-Term\*\*\*

W/C 28/10/24 Mini-NEA (Not cooking this week)

W/C 04/11/24 Summer Pasta

W/C 11/11/24 Chicken Curry

W/C 18/11/24 Mini-NEA (Not cooking this week)

W/C 25/11/24 Special Fried Rice

W/C 02/12/24 Fruit Muffins

W/C 09/12/24 FREE CHOICE (Pupils will have completed an NEA project in non-cooking weeks, which includes their choice of dish)

W/C 16/12/24 Christmas Crinkle Cookies

# Fish Goujons & Wedges

## ingredients list

- 
- 1 fillet of fish (Cod, pollock, haddock, salmon)
  - 1 large potato
  - Cornflakes
  - 2 tbsp oil
  - 1 egg



# Fish Goujons and Wedges

1. Heat oven to 200C/180C fan/gas 6.
2. Cut the potato in to wedges
3. Put wedges on one side of the baking tray, toss with oil and season.
4. Cook for 20 mins on the top shelf.
5. Crack the egg into a bowl and mix
6. Crush the cornflakes into a bowl and season with salt (use food processer if possible)
7. Slice the fish into large strips
8. Dip the fish strips in the egg
9. Then in the crushed cornflakes.
10. Lay on the other side of a baking tray (with the part cooked wedges).
11. Place back into the oven until golden (15 minutes) and the fish 'flakes'.
12. Serve



# Salt and Pepper Chicken ingredients list

- 
- 2 Chicken Breasts
  - 1 onion
  - 1 pepper
  - 1 tbsp of cornflour
  - 2 tsp Chinese five spice
  - Salt and pepper
  - Chilli (optional)
  - Spring onion to garnish
  - Soy sauce (1tbsp)

**Container**



# Salt and Pepper Chicken

1. Complete hygiene routine
2. Mix the spices with the cornflour in a small bowl and set aside
3. Slice onions and peppers, take the skin off the garlic
4. Add 1tbsp of oil into the sauce pan, add vegetables and sauté on a low heat for 3-4 minutes, add the sliced chilli (optional)
5. Slice the chicken
6. Coat the chicken in the cornflour/spice mix
7. Add to the pan and cook on a medium heat
8. Add the tablespoon of soy sauce
9. Use a probe to check the temperature of the chicken (75 degrees)
10. Once cooked put into the container to cool or serve with sliced spring onion to garnish and cooked rice or egg fried rice



# Special Fried Rice

## ingredients list

- 
- 3-4 vegetables, choose from:
    - Onion
    - Pepper
    - Beanspouts
    - Cabbage
    - Carrots
    - Broccoli
    - Peas
    - Spring onion
  - 100g Long grain rice
  - Soy sauce
  - 1 egg
  - Container



# Special Fried Rice

1. Complete hygiene routine
2. ½ fill the pan with water and bring to the boil
3. Weigh 100g rice into a measuring jug
4. Add the rice into the boiling water, stir with wooden spoon, follow packet instructions (boil for approx 12 mins)
5. Prepare vegetables (finely slice)
6. Add a tbsp oil into the wok
7. Add carrots/broccoli/peppers/onions and fry for a couple of minutes
8. Crack an egg into the measuring jug and whisk with a fork
9. Check the rice is soft and drain the rice using the colander
10. Add any other vegetables into the wok and continue to fry
11. Move the vegetables to one side and add the egg to the empty side of the wok, scramble the egg
12. Add the rice and mix
13. Add soy sauce to your taste.





# Cottage Pie

ingredients list

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- 1 large Potatoe or 2 medium potatoes
- 1 onion
- 1 large carrot
- 100g lean beef mince
- 1 stock cube or stock pot
- 1 tablespoon plain flour



# Cottage pie

1. Peel the potato and cut into cubes and put in a large saucepan
2. Add boiling water in to the sauce pan and boil for 15 mins until soft
3. Dice onion, peel and dice carrot
4. Sauté onions and carrots for 5 minutes
5. Add the mince and brown
6. Sprinkle 1 tbsp of plain flour over the mixture and mix
7. Use boiling water to make a strong stock
8. Pour enough in so it just covers the meat and vegetables
9. Leave to simmer
10. Safely drain and mash potatoes
11. Put the meat mixture into the bottom of your container, top with the mashed potato.

# Summer Pasta

## ingredients list

- 
- 150 g dried pasta
  - 2 tbsp oil
  - 1 small pack of pancetta/chorizo or 3 rashers of bacon
  - ½ onion
  - 1 garlic clove
  - 200g pack cherry tomatoes
  - 1tsp sugar
  - 10 basil leaves
  - Chilli flakes (optional)
  - 1tbsp crème fresh (optional)



# Summer pasta

1. Complete food hygiene routine
2. Collect equipment
3. Put 150g pasta into a saucepan, cover with boiling water and cook on hob for approx 12 mins
4. Remove the peel off garlic and leave to one side
5. Finely dice onion and place in the frying pan
6. Chop bacon (or chorizo) into pieces (remove some fat) place in the frying pan
7. Sauté onions with 2 tbsp oil
8. Once golden and soft add tomatoes, garlic, salt, pepper and cook for 5-6 mins – stirring often
9. Drain pasta using a colander – add to pan
10. Add a little pasta water and crumble  $\frac{1}{4}$  stock cube
11. Stir – add the basic
12. Add any chilli flakes and finish with crème fresh (optional)



# Chicken Curry ingredients list

- 
- 2 Chicken Breasts
  - 2 tbsp curry paste or powder
  - 1 onion
  - 1 pepper
  - Mushrooms
  - 1 tin of coconut milk or 1 tin of chopped tomatoes
  - Coriander to garnish

**Container**



# Chicken Curry

1. Complete hygiene routine
2. Slice onions, peppers and mushrooms
3. Add 1tbsp of oil into the sauce pan, add vegetables and sauté on a low heat for 3-4 minutes
4. Slice the chicken
5. Add to the pan and cook
6. Add 2 tbsp of curry paste or powder and stir to cook the paste for a few minutes
7. Add the tin of chopped tomatoes or coconut milk reduce the heat and simmer for 10/15 minutes
8. Use a probe to check the temperature of the chicken (75 degrees)
9. Once cooked pour into the container to cool or serve with chopped coriander to garnish and cooked rice



# Christmas Crinkle Cookies

## ingredients list

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- 30g cocoa powder, sieved
- 100g caster sugar
- 30ml vegetable oil
- 1 large eggs
- 90g plain flour
- 1/2 tsp baking powder
- 1 orange, zested
- 1 tsp mixed spice
- 1/2 tsp cinnamon
- 50g icing sugar



# Crinkle Cookies

1. Complete hygiene routine
2. Pre heat oven to 190 degrees/gas mark 5
3. In a measuring jug measure the 30ml oil
4. Add in to the jug: 30g cocoa powder, 100g caster sugar and 1 egg, beat with a wooden spoon
5. In a separate bowl
  - 90g plain flour,
  - $\frac{1}{2}$  tsp baking powder,
  - orange zest (optional)
  - 1tsp mixed spice,
  - $\frac{1}{2}$  tsp cinnamon
6. Add the cocoa mixture into the bowl and mix until a soft dough forms.
7. Tip the icing sugar into a shallow dish.
8. Roll heaped teaspoons of the dough into balls then roll in the icing sugar to coat.
9. Put the balls on to the baking tray.
10. Bake on the middle rack of the oven for 10 – 15 mins





# Chocolate French Toast

## ingredients list

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- 4 slices of white bread
- 2 tbsp chocolate spread
- 1 tsp vanilla extract
- Splash of milk
- 1 egg
- 2tsp cinnamon
- 2tbsp caster sugar



# Chocolate french toast



1. Complete hygiene routine
2. Crack the egg in to a bowl, whisk with a splash of milk and 1tsp vanilla – set aside
3. In a separate bowl mix 2tsp of cinnamon and 2tbsp caster sugar
4. Spread the chocolate spread all over 2 slices of bread and cover with a second slice to make 2 sandwiches
5. Cut the crusts of each sandwich accurately in straight lines.
6. Slice each sandwich into 4 even strips
7. Dip each sandwich strip into the egg mixture until completely covered
8. But oil in the pan and heat up,
9. Once pan is hot, fry each side of sandwich until golden
10. Once golden carefully (they will be HOT) roll in the cinnamon and sugar mix
11. Place into container.
12. Wash up

# Fruit Muffins

## ingredients list

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150g Plain Flour  
50g margarine or butter  
40g sugar  
1 egg  
1 tsp Baking powder  
120 ml milk  
75g of flavouring ingredients  
(raspberries, blueberries, bananas)  
Oats (optional)  
6-8 small cases

Container



# Muffins

1. Complete hygiene routine
2. Pre heat oven to 190 degrees/gas mark 5
3. Weigh into a mixing bowl 150g plain flour, 50g sugar, and 1tsp baking powder
4. Into measuring jug measure 120ml of milk, then break the egg into the jug
5. Weigh into a small none metallic bowl the 50g margarine or butter
6. Melt the butter in the microwave 20-30 seconds
7. Once melted pour into the measuring jug
8. Prepare the flavouring ingredients and add to the mixing bowl.
9. Add the ingredients from the measuring jug into the mixing bowl
10. Combine the ingredients by folding **DO NOT OVER MIX**
11. Line a muffin or bun tin with cases, fill each case  $\frac{3}{4}$  full
12. Sprinkle a few oats and sugar on the tops of each muffin
13. Bake for 20 minutes.

