

# YEAR 8

## AUTUMN TERM 2017

### HE Recipes



NAME:

TUTOR GROUP:

Year 7	Year 8	Year 9
Intro lesson	Apple and Blackberry Cake	Sausage and Bean Casserole
Fruit Crumble	Cornish Pasties	Apple, Lemon and Elderflower Cake
Vegetable Soup	St Clement's Drizzle Cakes	Chicken or vegetable korma
Mary Berry's Lemon and Chocolate Chip Biscuits	Chilli	Damper Bread and Soup
French Bread Pizza	Granola Bars	Mushroom or Pea/Bacon Risotto
Fresh Tomato Pasta Sauce	Nice'n'Spicy Rice	Curried Parsnip and Apple Soup
Mince Pies	Crumble Topped Mince Pies	Blueberry and Lemon Butterfly Cakes
		Lamb and apricot meatballs/ veggie 'meatballs'
		Oven baked ratatouille with sausages
		Lamb(Quorn) and potato bake
		Mars Bar Brownies
		Sweet and Sour
		Christmas White Chocolate Tray Cake

## **Information regarding HE in year 8 – all HE lessons will be practical**

The students will have a double HE lesson (1 hour 10 minutes) every other week.

A booklet will be given to the students at the start of each term. This will inform you of the recipes that your son/daughter will be preparing and making. **The booklet is also on the school website, and the common drive on the school network.**

Please note – **any text in green means that we will provide that ingredient.**

**Any text in red is a reminder of what container/cooking pan** your son/daughter will need to bring in.

**All ingredients in black text are what your son/daughter will need to buy and bring in to the HE lessons.**

***We are happy for you to tweak/amend the recipe in any way to suit your family – add/take away ingredients or alter the portion sizes! We also welcome feedback – good or bad.***

We hope that having this booklet at the start of each term will make planning easier for you as a parent/guardian.

There may be an occasion that we have to alter the schedule – but we will inform you of any changes in advance.

Please do not hesitate to contact us if you have any further queries

[ticehurstd@logs.uk.com](mailto:ticehurstd@logs.uk.com)

[smartl@logs.uk.com](mailto:smartl@logs.uk.com)

Debbie Ticehurst

# LESSON 1

## Apple and Blackberry Cake



**125g butter, softened, plus extra for the tin**

**125g caster sugar**

3 large egg, beaten

**100g self-raising flour**

2 Discovery, Russet or Worcester apples, peeled and cored, each cut into 12 segments

100g blackberries

### **For the topping**

**1 large pinch cinnamon**

**2 tbsp demerara sugar**

**25g butter**

**icing sugar, for dusting**

**A LOOSE BOTTOM ROUND CAKE TIN/ FOIL CAKE TIN PLUS A CONTAINER TO CARRY CAKE HOME IN**

### **METHOD**

1. Heat oven to 180C Butter a round loose-bottomed cake tin and line the base with baking parchment.
2. Beat the butter and caster sugar together in a large bowl until it is light and fluffy.
3. Gradually pour in and beat the eggs, a little at a time, until you have used two-thirds, adding flour if it curdles.
4. Fold in the remaining egg and finally the flour, and combine everything gently.
5. Add two-thirds of the apples to the cake mixture and all the blackberries.
6. Turn the mixture into the prepared tin and smooth it out evenly.
7. Scatter the remaining apples over the surface of the cake.
8. For the topping, sprinkle over the cinnamon, demerara sugar and butter.
9. Bake until a skewer comes out clean.
10. Remove the cake from the oven. When the cake is cool, dust lightly with icing sugar. Serve in slices.

# LESSON 2

## Cornish Pasties



500 g Ready roll short crust pastry

**1 egg, beaten**

**2 tbsp olive oil**

1 onion, roughly chopped

2 garlic cloves, crushed

**4 sprigs of thyme**

Small pack of beef mince or Quorn mince

1 medium size potato, diced (about 7x7x7mm)

1 carrot, diced

**1 tbsp flour**

beef stock cube

**salt, pepper**

**chopped parsley**

1/2 cup frozen peas

### **METHOD**

1. Heat the oil in a large frying pan.
2. Soften the onion for about 5 mins, then add garlic and thyme and fry for another 2 mins on high temperature. Add the mince and fry for about 10 mins until browned, add potato and carrot fry for a couple of minutes then add flour, stir well and pour the beef stock over, add a pinch of salt and a generous pinch of freshly ground black pepper and stir some more. Reduce the heat, partly cover and leave to simmer for 15 mins, stir occasionally.
3. When the filling is cooked, taste and add more salt and pepper if needed (make sure you add plenty of pepper ) Then leave it to cool.
4. Preheat the oven to 180C, line a baking tray with grease-proof paper.
5. Roll out the pastry and cut into 3-4 circles of about 25cm diameter. Separate the filling in 3-4 portions and place each portion slightly to one side of each pastry circle, top it with few frozen peas. Apply water around the edge, then fold it in a half and seal it. Place the pastries into your container and chill.
6. AT HOME. Bake them in the oven for about 30 mins.

# **LESSON 3**

## **ST. CLEMENT'S DRIZZLE CAKES**



- 1 lemon
- 1 orange
- 2 large eggs
- 175g butter**
- 175g caster sugar**
- 4 tbsp whole milk**
- 175g self-raising flour**
- 3 tbsp granulated sugar**

### **SAUCE INGREDIENTS**

- 75g icing sugar
- 4 tsp lemon and orange juice

### **PREPARATION**

Soften the butter. Zest and juice the lemons. Zest and juice the oranges. Sift the icing sugar.

### **METHOD**

1. Heat the oven to 180°C/350°F/gas 4 (160°C for fan ovens). Line a bun tin with paper cases.
2. Put the caster sugar, butter and most of the lemon and orange zest in a bowl and beat together until pale and creamy.
3. Add the milk, then beat in the eggs, one at a time, with a spoonful of flour to prevent the mixture curdling.
4. Fold in the remaining flour.
5. Spoon into the prepared cases and level the surface.
6. Bake in the oven for 10-15 minutes, or until a skewer inserted into the centre of the cake comes out clean. Don't worry if you see the cake peak in the middle and split – it adds character and will give you a crunchier drizzle topping.
7. Meanwhile, pour the lemon and orange juice into a small saucepan, bring to the boil and reduce to about 3 tbsp.
8. Leave to cool, then stir in the granulated sugar so it just starts to dissolve.
9. As soon as the cakes come out of the oven, prick each several times with a skewer, then slowly pour the syrup over the top, letting it soak into the cake.
10. For the sauce, mix the icing sugar with the lemon juice until smooth. Drizzle over the cake, then top with the remaining lemon and orange zest.

# LESSON 4

## CHILLI-CON-CARNE



3/4 kg minced beef or bag of Quorn  
1 onion  
1 red pepper  
1 clove garlic  
1 can of tomatoes  
1 can of red kidney beans  
1 beef or vegetable stock cube

**2 tbsp tomato puree**

**1 tsp sugar**

Chilli powder to taste

**Salt and pepper**

### **METHOD**

1. Finely chop the onion and pepper.
2. Fry onion, garlic and beef/Quorn until it's brown
3. Add everything else except kidney beans
4. Bring to the boil
5. Cover and simmer for 30 mins, adding rinsed kidney beans 5 mins before the end of cooking time
6. Cool before pouring in to your container. Chill on trolley then fridge.

# **LESSON 5**

## **Granola Bars**



### **100g butter plus extra for greasing**

200g porridge oats

100g sunflower seeds

100g pumpkin seeds

3 tbsp honey

### **100g light muscovado sugar**

### **1 tsp ground cinnamon**

100g dried cranberries, cherries or blueberries, or a mix

### **AN AIRTIGHT CONTAINER**

### **METHOD**

1. Heat oven to 160C/fan 140C/gas 3. Butter and line the base of a 18 x 25cm tin
2. Mix the oats, seeds and nuts in a roasting tin, then put in the oven for 5-10 mins to toast.
3. Meanwhile, warm the butter, honey and sugar in a pan, stirring until butter is melted
4. Add the oat mix, cinnamon and dried fruit, and then mix until all the oats are well coated. Tip into the tin, press down lightly, and then bake for 30 mins.
5. Cool in tin, and then cut into 12 bars.

# LESSON 6

## Nice'n'spicy Savoury Rice



200g basmati rice

**1 tbsp sunflower oil**

1 large onion, peeled and chopped

2 garlic cloves, peeled and sliced

1 thumb-sized piece of ginger, peeled and chopped

**2 whole cloves**

1 cinnamon stick

**2 cardamom pod, cracked**

**1½ tsp medium curry powder**

50g frozen peas

50g frozen sweetcorn

375ml stock (1 stock cube dissolved in 375ml boiling water)

### **AN AIRTIGHT CONTAINER**

#### **METHOD**

1. In a jug, rinse and soak the rice for 10 mins.
2. Collect a large saucepan and lid. Add the oil, then the chopped onion, crushed and chopped garlic and grated ginger.
3. Cook on a low heat until the onion is soft. Add the cloves, cinnamon and cardamom pods and cook for a further 2 mins on a low heat.
4. Add the curry powder and cook for a further 2 mins, then stir.
5. Drain the rice and add it to the saucepan. Stir so that the rice is coated in the oil and spices.
6. Add the peas and sweet corn.
7. Collect your jug of stock from your teacher. **Carry it very carefully**
8. Pour over the stock and stir. Cover the pan with a lid or with a sheet of foil and simmer on hob mark 1 until the water has been absorbed.
9. Cool and chill in your container.

# LESSON 7

## Mincemeat Crumble Pies



- 1 small jar of fruit mincemeat
- 85g butter, chilled and cut into cubes**
- 175g plain flour, plus extra for dusting**
- 2 tbsp light muscovado sugar
- 1 small orange

### **For the crumble topping**

- knob of cold butter**
- 25g plain flour**

### **AN AIRTIGHT CONTAINER**

### **METHOD**

1. Make the pastry in a large bowl by blending the butter into the flour until the mixture resembles breadcrumbs. Stir in the sugar and orange zest and then 2 tbsp water. Bring the mixture together with your hands, adding a few more drops of water if it feels a little dry.
2. Chill it whilst you make the crumble topping.
3. In a small bowl, make the crumble topping by rubbing the butter into the flour until the mixture looks like breadcrumbs. Stir in the sugar .
4. Preheat the oven to fan 160C/ conventional 180C/gas 4.
5. Roll out half the pastry (keep the other half wrapped in the fridge) on a lightly floured surface. You want the pastry to be very thin, so it is crisp when cooked.
6. Cut out 12 circles of pastry with a plain 6cm cutter (you will need to re-roll the pastry a couple of times) and use to line a 12-hole, non-stick muffin tin. It is quite a soft pastry, so any little gaps that form as you are lining the holes can easily be patched up.
7. With a teaspoon, fill each pastry case with mincemeat, gently pressing it down to leave room for the topping. Sprinkle the topping over each pie, place the tin on a baking tray and bake for 20 minutes.
8. Leave the pies to cool in the tin before taking them out carefully. They are fragile when hot, so use a small knife to help lift them out.
9. Eat the mince pies warm or cold, lightly dusted with icing sugar.