

# YEAR 9

## 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 9 – your son/daughter has chosen to continue with HE into Yr9**

All HE lessons will be practical.

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

This booklet 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 either of 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)

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

D Ticehurst, L Smart and H Tilling

# LESSON 1

## SAUSAGE AND BEAN ONE-POT



### 1 tbsp olive oil

8 good-quality pork or vegetarian sausages (Toulouse are great for this dish)

2 leeks, trimmed and thinly sliced

1 carrot roughly chopped

2 slices day-old white or brown bread, whizzed into breadcrumbs or Panko breadcrumbs

### 1 tbsp chopped sage, plus a little extra

1 garlic clove, crushed

1 stock cube

400g can chopped tomatoes

2 x 400g cans cannellini beans, rinsed and drained

### METHOD

1. Heat the oil in a frying pan, add the sausages and brown for few mins.
2. Add the leeks and carrot to the pan and gently soften for 10 mins.
3. Add 1 tbsp sage and the garlic to the pan. Cook for 1 min, and then add the stock and tomatoes. Tuck in the sausages.
4. Simmer for 10 mins until the sauce has reduced a little and the sausages are cooked.
5. Season, stir in the beans, then simmer for 2 mins more. Cool and chill in your container.
6. To serve, scatter the sage crumbs over the top and heat thoroughly before serving.

# LESSON 2

## APPLE, LEMON AND ELDERFLOWER 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

1 lemon

Elderflower Cordial

### **For the icing**

**Icing sugar**

**Elderflower Cordial**

**icing sugar, for dusting**

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

### **METHOD**

1. Heat oven to 160C/140C fan/gas 3. 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 the juice and zest of your lemon.
6. Stir in the tablespoon of elderflower cordial.
7. Turn the mixture into the prepared tin and smooth it out evenly.
8. Scatter the remaining apples over the surface of the cake.
9. Bake until a skewer comes out clean.
10. Remove the cake from the oven. When the cake is cool, cover with the icing. Serve in slices.

# LESSON 3

## Chicken/Vegetable Korma



- 1 pack of boneless chicken thigh fillets (in lesson - cut into chunks) **PUT THEM IN THE FRIDGE AS SOON AS YOU GET TO SCHOOL** or 400g mixed vegetable, such as carrots, cauliflower, sweet potato and courgette, chopped
- 1 clove garlic, (in lesson - finely chop)
- 1 large onion, (in lesson - slice and chop)
- 1/2 teaspoon ground ginger**
- 1/2 teaspoon chilli powder**
- 1/2 teaspoon ground cinnamon**
- 1/2 teaspoon ground turmeric**
- 1/2 teaspoon ground white pepper**
- 250g tinned chopped tomatoes
- 4 tablespoons chicken stock (chicken stock cube)

### **THE FOLLOWING CAN BE ADDED AT HOME IF YOU PREFER -**

- 4 tablespoons plain yoghurt
- 4 tablespoons double cream

### **CONTAINER TO TRANSPORT THE CURRY HOME IN**

#### **METHOD**

1. Finely chop the onion and garlic
2. Cut chicken thighs into cubes or wash and chop vegetables into bite-size pieces
3. Heat oil in a frying pan and fry chicken, garlic and onion until chicken is cooked through. Cut open a small piece to test that it is no longer pink.
4. Season with ginger, chilli powder, cinnamon, turmeric and white pepper and set the heat to medium. Mix in the tomatoes and chicken stock. Return to a simmer.
5. Stir in cream and yoghurt, and then cook gently for 2 to 4 minutes, before serving on a bed of rice.

# LESSON 4

## Aussie Olive and Rosemary Damper Bread and Carrot/Ginger Soup



### **BREAD ingredients**

- 3 sprigs of rosemary
- 1 small jar of pitted green or black olives
- 450g (1 Lb) self-raising flour + extra for dusting
- ½ tsp salt**
- 1 tbsp extra virgin olive oil**
- 225ml (8fl oz) cold water**

### **SOUP ingredients**

- 1-tablespoon olive oil**
- 1 onion, finely chopped
- 1 (10cm) piece root ginger, peeled and finely chopped
- 5 carrots, peeled and sliced
- 1 vegetable stock cube

### **METHOD**

1. Preheat the oven to 200C (400 F / Gas Mark 6) and put a baking tray in to warm up.
2. Pick the leaves from the rosemary and roughly chop them up. Roughly, chop the olives also and set them aside in separate piles (they go into the mix at different times).
3. Put the flour in a large bowl, with the rosemary, salt, oil and water. Mix everything well until the dough starts to come together in a ball. Then get your hands in and squidge all the dry bits in, using the bread like a cloth to gather the bits all up.
4. Dust a clean board or surface with a little flour and place the dough down. Squish it into a flattish round, put the olives in the centre and squash them down a bit, bringing the edges of the dough towards the centre, so that the olives are covered. Then flip the dough over and knead the olives in.
5. At this point, the dough may be quite wet with olives flying all over the shop, but just keep pushing the rogue olives back into the dough. If everything is too wet, just add a small handful of flour to dough. Shape it into a 20cm (8 in) round and place on the warmed baking tray.

6. Rub a little flour onto the handle of a wooden spoon. Then, holding the handle horizontal to the bread, press down onto the loaf making an indent almost to the bottom of the tray.
7. Turn handle so that it is at a 90-degree angle to the first line and push down again to make a cross. Do this two more times, so your bread looks like a kind of clock face of eight triangular portions.
8. Bake in the oven for 35 minutes or until the bread sounds hollow when tapped on the bottom. This is wonderful served warm with some fruity olive oil and balsamic.

### WHILST THE LOAF IS BAKING MAKE YOUR SOUP

#### **METHOD**

1. Wash and thinly slice carrots. Peel and chop onion. Peel the ginger and grate it onto chopping board
2. Cook onion in a large saucepan in oil over low heat for 5 minutes.
3. Add carrots and ginger. Saute for an additional 5 minutes.
4. Pour in stock and simmer for 10 minutes or until carrots are tender.
5. Liquidise soup right in the pan with a hand-held blender. Serve.

# LESSON 5

## Mushroom Risotto or Bacon and Pea Risotto



1 bag of ARBORIO/RISOTTO RICE  
1 vegetable stock cube  
1 medium onion  
1 clove of garlic  
A small block of Parmesan cheese

### **THEN EITHER:**

1 pack of streaky or back bacon  
1 cup of frozen peas

### **OR**

1 pack of chestnut mushrooms (or a mixture of mushrooms if you prefer)

### **METHOD**

1. Peel and finely chop your onion and garlic.
2. Chop the fat off your bacon and cut into chunks
3. In a medium saucepan, heat some olive oil and then sauté your bacon first then the onions and garlic until soft.
4. Add the rice to the pan and coat it in the bacon/onion/ garlic oil to prevent it sticking.
5. Collect a jug of stock/ wine from your teacher- carry it carefully
6. Add your stock to the pan in five portions - do not add the next lot until the rice has almost absorbed the last lot. Keep stirring the mixture to prevent sticking.
7. Grate in some of your parmesan cheese and stir through.
8. Once the rice is swollen, cooked and tastes slightly nutty, add your peas to heat through.
9. Add the last of the parmesan. Season with black pepper.
10. Peel and finely chop your onion and garlic.
11. Wipe your mushrooms and cut into chunks
12. In a medium saucepan, heat some olive oil and then sauté the onions and garlic until soft, add your mushrooms and cook through
13. Add the rice to the pan and coat it in the mushroom/onion/ garlic oil to prevent it sticking.
14. Collect a jug of stock/ wine from your teacher - carry it carefully

15. Add your stock to the pan in five portions- do not add the next lot until the rice has almost absorbed the last lot. Keep stirring the mixture to prevent sticking.
16. Grate in some of your parmesan cheese and stir through.
17. Once the rice is swollen, cooked and tastes slightly nutty.
18. Add the last of the parmesan. Season with black pepper.

# **LESSON 6**

## **Curried Parsnip, Apple and Lentil Soup**



**1 tbsp sunflower oil**

**1.5 tbsp medium curry paste**

1 medium onions, roughly chopped

250g parsnips (around 3 medium parsnips), peeled and cut into chunks

**70g dried red lentils**

1 Bramley apple (about 200g), peeled, cored and cut into chunks

Vegetable or chicken stock, made with 1 stock cube

Natural yogurt, to serve (optional)

Chopped coriander, to serve (optional)

### **METHOD**

1. Peel and chop the onion
2. Heat the oil in a large saucepan.
3. Fry the curry paste and onions together over a medium heat for 3 mins, stirring.
4. Peel and chop the parsnips and apple.
5. Add the parsnips, lentils and apple pieces.
6. Pour over the stock and bring to a simmer.
7. Reduce the heat slightly and cook for 30 mins, stirring occasionally, until the parsnips are very soft and the lentils mushy.
8. Blitz with a stick blender to make a smooth, creamy soup.
9. Season and taste.

# LESSON 7

## Blueberry and Lemon Butterfly Cakes



**140g self-raising flour**  
**½ tsp baking powder**  
**85g butter, at room temperature**  
**85g golden caster sugar**  
50g lemon curd  
2 large eggs  
100g blueberries  
**Paper cases x 12**

### **For the topping**

175g mascarpone  
50g lemon curd  
100g blueberries  
icing sugar, for dusting

**DON'T FORGET A TIN/BOX TO CARRY THEM HOME IN**

### **METHOD**

1. Heat oven to 180C/160C fan/gas 4 and put a paper case in each space in the fairy cake tin. Next, take the large mixing bowl and weigh in the flour, baking powder, butter, sugar and lemon curd.
2. Add the eggs: Break the eggs into the small bowl, then add them to the other ingredients, making sure that there isn't any eggshell in the bowl.
3. Get whisking: Whisk everything together really well until creamy with the electric hand whisk or wooden spoon.
4. Then carefully stir in the blueberries with a metal spoon or spatula.
5. Spoon into the cases: Use the ice cream scoop or spoon to spoon the mixture evenly into the paper cases.
6. Make sure you get the mixture inside the cases. Now put the cake tin in the oven and bake for 15 mins until the cakes are golden. Cool for a few mins, then lift the cakes onto a cooling rack.
7. Make the topping: Clean the large mixing bowl and dry well. Then put the mascarpone and lemon curd into the bowl and beat together with a wooden spoon until well mixed.
8. Now decorate: Carefully cut a circle out of the top of each cake. Lift off the circle and fill the space with the lemon filling followed by some blueberries.

9. Halve the circle of the cake that you have cut out and place on top to create butterfly wings. Put some icing sugar in a tea strainer and dust over the cakes.

# LESSON 8

## Lamb & Apricot Meatballs with a Tomato Sauce



**2 tbsp olive oil**

2 red onions, very finely chopped

4 garlic cloves, crushed

**2 tsp each ground cumin and coriander (or 4 tsp Moroccan spice blend)**

1 tin of tomatoes

**½ tsp sugar**

**½ 20g pack mint, finely chopped**

500g pack lean lamb mince

8 dried apricots, finely chopped

**50g fresh breadcrumbs**

OR

VEGETARIAN ALTERNATIVE

**2 tsp rapeseed oil , plus extra for greasing**

1 small onion , very finely chopped

**2 tsp balsamic vinegar**

100g canned red kidney beans

**1 tbsp beaten egg**

**1 tsp tomato purée**

**1 heaped tsp chilli powder**

**½ tsp ground coriander**

40g cooked sweetcorn

**2 tsp chopped thyme leaves**

**TWO CONTAINERS NEEDED-ONE FOR THE MEATBALLS AND ONE FOR THE SAUCE.**

### METHOD

1. Heat 2 tsp oil in a pan and soften the onions for 5 mins. Add the garlic and spices and cook for a few mins more. Spoon half the onion mixture into a bowl and set aside to cool.
2. Add the tomatoes, sugar and seasoning to the remaining onions in the pan and simmer for about 10 mins until reduced

3. Meanwhile, add the mint, lamb, apricots and breadcrumbs to the cooled onions, season and mix well with your hands. Shape into little meatballs.

#### AT HOME

- . Heat some oil in a non-stick pan and fry the meatballs until golden (in batches if you need to). Stir in the sauce with a splash of water and gently cook everything for a few mins until the meatballs are cooked through. Serve with pitta bread and salad.

#### OR

#### **Vegetarian 'Meatballs'**

1. Finely chop the garlic. Heat the oil in a large pan and fry the onion, stirring frequently, for 8 mins.
2. Stir in the balsamic vinegar and cook for 2 mins more. Meanwhile, put the beans in a bowl with the egg, tomato purée and spices, and mash until smooth.
3. Stir in the almonds and sweetcorn with the thyme, a third of the chopped garlic and the balsamic onions. Mix well and shape into about 8 balls the size of a walnut, and place on a baking tray lined with oiled baking parchment.

# LESSON 9

## Oven Baked Ratatouille with Sausages



- 1 onion, cut into 16 wedges
- 3 courgette, cut into bite-sized pieces
- 1 red pepper, cut into bite-sized pieces
- 2 tbsp olive oil**
- 8 large pork or vegetarian sausages
- 2 garlic cloves, crushed
- 400g can chopped tomatoes

### AN OVENPROOF DISH

#### **METHOD**

1. Heat oven to 220C/200C fan/gas 7. Place the onion, courgettes and red pepper into your baking dish, large enough to fit them in a single layer.
2. Drizzle over 2 tbsp of the olive oil and season.
3. Cook in the oven for 10 mins before adding the sausages
4. Stir the garlic and chopped tomatoes into the veg, season again, and return to the oven to cook for a further 20 mins until the vegetables are tender.

# LESSON 10

## Lamb (Quorn) & Potato Bake



500g potatoes  
400g lean lamb mince or Quorn mince  
**1 tsp cinnamon**  
A tin of tomatoes  
1 medium tub of creme fraiche

### AN OVEN PROOF DISH OR FOIL TRAY

#### **METHOD**

1. Heat oven to 200C/180C fan/gas 6.
2. Boil the potatoes for 10-12 mins or until half-cooked. Drain and put into a bowl to cool
3. Meanwhile, heat a little oil in a large non-stick frying pan.
4. Brown the mince/Quorn breaking up any lumps with the back of a wooden spoon. Add the cinnamon and fry for 1 min.
5. Pour in the tomatoes and simmer for 5 mins.
6. Slice the potatoes as thinly as you can without breaking the slices.
7. Layer the mince and potatoes into your baking dish. Season each layer and finish with a layer of potatoes.
8. Spread the crème fraiche on top, season and then cling film and name. Chill.

At home, bake for 35 mins until golden and the potatoes are tender

# LESSON 11

## Mars Bar Chocolate Brownie



**100g margarine**

**40g cocoa**

2 eggs

200g caster sugar

2.5ml vanilla essence

**50g self-raising flour**

1-2 medium sized mars bars

### A SQUARE CAKE TIN OR TIN FOIL TRAY

#### **METHOD**

1. Preheat the oven to 180 degrees/ gas mark 4 and set shelf towards middle of the oven.
2. Line a 20cm (8") square tin or 25cm x 6cm (10"x 6") rectangular tin with baking parchment or greaseproof paper.
3. Chop up the Mars bars into cubes of approx. 0.5cm (1/4").
4. Melt margarine slowly in small pan or microwave then remove from heat and stir in cocoa and beat until smooth.
5. Leave on one side to cool. Weigh out the flour.
6. Whisk the eggs and sugar in a medium mixing bowl until light and fluffy.
7. Add the cooled cocoa mixture and mix well. Stir well.
8. Sift the flour over the top of the chocolate mixture and fold in using a metal spoon and a figure of 8 movement. Fold in the chopped Mars Bar bits.
9. Pour into prepared tin and level.
10. Bake in the oven for 30 mins until the cake has a dull crust on the top and the sides are coming away from the edge of the tin
11. Leave in the tin to cool, as it is very sticky.

# LESSON 12

## Sweet & Sour Chicken & Veg



425g can pineapple chunks, drained, juice reserved

**2 tbsp each tomato ketchup, malt vinegar and cornflour**

**1 tbsp vegetable oil**

1 onion, chopped

1 red chilli, deseeded and sliced

1 red and green pepper, chopped

2 carrots, sliced on the diagonal

2 skinless chicken breasts, thinly sliced or Quorn 'chicken pieces'

125g pack baby corn, sliced lengthways

2 tomatoes, quartered

### A CONTAINER TO CHILL THE SAUCE IN AND TRANSPORT IT HOME

#### **METHOD**

1. Make the sweet & sour sauce by whisking together the pineapple juice, tomato ketchup, malt vinegar and corn flour. There should be 300ml – add water or stock if you are short.
2. Chop the vegetables then the chicken on a chopping board
3. Heat the oil in a frying pan or wok over a high heat
4. Add the onion, chilli, peppers, carrots, chicken, and stir-fry for 3-5 mins until the vegetables are starting to soften and the chicken is almost cooked.
5. Add the sweetcorn and sauce.
6. Bubble for 2 mins, add tomatoes and cook for 2 mins until the sauce thickens, the chicken is cooked and the vegetables are tender.
7. Chill in a named container.
8. At home, serve with rice, if you like

## LESSON 13

# Christmas White Chocolate Tray Bake Cake



225g unsalted butter, plus extra for greasing  
225g light brown soft sugar  
4 medium eggs  
200g mincemeat, from a jar  
1 orange  
**200g plain Wholemeal flour**  
**2 tsp ground cinnamon**  
200g white chocolate, plus extra for grating  
100g double cream

### **A FOIL OR METAL RECTANGULAR BAKING TRAY**

#### **METHOD**

1. Heat oven to 180C/160C fan/gas 4. Line and grease a 20cm square brownie tin.
2. Beat the butter and sugar using an electric whisk for about 5 mins or until the mixture is light and fluffy.
3. Gradually beat in the eggs, one at a time, making sure each egg is well incorporated before adding the next.
4. Add the mincemeat and orange zest, and beat again for a few secs to combine.
5. Sift in the flour, cinnamon and nutmeg, and stir with a large metal spoon until completely mixed.
6. Tip into the tin and smooth using the back of the spoon. Bake in the oven for 30-35 mins or until a skewer inserted into the centre comes out clean.
7. Meanwhile, make the white chocolate icing. Put the chocolate in a large bowl. Melt it in the microwave in 5-second bursts.
8. Pour the cream into the hot chocolate. Stir until the chocolate has melted and it is all combined then set-aside and leave to cool.
9. Leave the tray bake to cool in the tin for 10 mins, and then transfer to a wire rack. Once the cake is completely cool, spread the icing on top of the cake, then finely grate over the extra chocolate and cut into squares.