



Year 9
Food Prep and Nutrition
Recipe book
2025-26

Pastry

Students will be learning about the different types of pastry and making short crust and rough puff pastry.

International Festivals

There is a real 'flavour of the world' in Year 9 with many international dishes and the Festival Project.

Short Crust
Pastry



Flaky
Pastry



Choux
Pastry



Filo
Pastry



Key information

In this booklet you will find a list of all the recipes for Y9 Food Prep and Nutrition

Please keep this recipe book in a safe place at home.

You will be cooking once per fortnight during your time in Food Prep.

You need to ensure you bring the correct ingredients in a labelled container on the day you are cooking.

School provides some herbs and spices and these ingredients will be marked SWP (school will provide) to keep costs down for you.

There are two cooking projects in Year 9:
'Pimp my Fro-Yo' - plating presentation lesson
Festival Project – a group project planning and preparing an international festival to give a 'taster' of the GCSE NEA coursework

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Sweet & sour pork



Skills & cooking method

Skills level:
low/medium

Equipment	Ingredients
Saucepan	2 pork loin steaks OR chicken breast
White chopping board	1 tablespoon oil (swp)
Red Chopping board	1 clove of garlic (swp)
Knife	1 small onion
Wooden spatula	1 pepper
Tablespoon	1 carrot
	1 tin of pineapple chunks
	3 tablespoons tomato sauce
	3 tablespoons vinegar (swp)

Food Science Key Terms

Reduction Sauce: the flavour intensifies and the sauce thickens by simmering down and reducing the sauce.

Cross Contamination: This is where high risk foods contaminate low risk foods.

Pathogens: Are harmful microorganisms found on high-risk foods that can cause food poisoning.

Heat is transferred by **conduction** in the pan

Do it now

1. Apron, hair, hands.
2. Collect equipment and ingredients

3. WASH HANDS

Method	Safety and Hygiene	Food Quality
1.Prepare vegetables by washing carrot and pepper. Then slice the pepper, chop onion and cut carrots into julienne strips. Wash your knife.	Use white chopping board Thoroughly wash knife to avoid cross contamination.	Cut even slices of pepper
2.On a separate red chopping board cut the pork / chicken into chunks.	Use red chopping board, then place near the sink immediately when finished.	Cut into even chunks
3.Open the tin of pineapple chunks. Reserve the juice for the sauce.	Use tin opener carefully.	
4.Fry onions, garlic, and pork in the oil for 3-4 minutes.	Stay with the pan at all times.	Ensure the meat is white and not pink in the middle.
5.Add carrots and peppers and stir fry for another 3-4 minutes until al dente.		
6.Add 3 tablespoons of tomato sauce and vinegar and stir thoroughly. Then pour the pineapple chunks and all the juice from the tin.		Stir occasionally to avoid sticking to the pan
7.Simmer for 10 minutes, add more tomato sauce if needed at the end. Wash up pots	Use hot water	

Cottage Pie



Skills & cooking method

Skills level:
Medium/high

Equipment	Ingredients
Large pan	1 Small onion
Medium Pan	1 Garlic clove (swp)
White chopping board	1 Carrot
Knife	1 Celery Stick
Wooden spatula	1 x 15ml spoon olive oil
Potato Masher	200g lean minced beef / Quorn mince
Grater	1 x 15ml spoon tomato puree (swp)_
Peeler	300ml stock made with ½ beef stock cube
Colander	1 x 5ml spoon Worcestershire sauce (swp)
	1 x 5ml spoon light soy sauce (swp)
	3-4 Potatoes
	20g cheese (for home)

Food Science Key Terms

Malliard Reaction: When meat proteins are heated, they harden and change colour to a brown.

Gelatinisation: Potato cells change when cooking the starch softens and absorbs the liquid, gelatinising and thickening giving the creamy texture.

Pathogens: Are harmful microorganisms found on high-risk foods that can cause food poisoning.
Heat is transferred by **conduction** in the pan

Do it now

1. Apron, hair, hands.
2. Collect equipment and ingredients

3. WASH HANDS

Method	Safety and Hygiene	Food Quality
1.Prepare vegetables by finely chopping onion and garlic, peel and slice the carrot and slice the celery. Put a medium saucepan of water onto boil on the hob.	Use white chopping board, be careful with peeler.	Cut carrot into small dice to ensure they will be cooked through and celery into thin slices.
2.Heat the oil in a large pan and add the onion, carrot, celery and garlic for a few minutes until the onion starts to brown.	Stay at hob do not leave.	
3.Add the beef mince and cook over a medium heat until the mince has browned.	Ensure there is no pink in the mince.	
4.Add the tomato puree, stock and soy sauce, stir, then cover and simmer for 25 minutes.	Reduce heat	Ensure lid is on, stir occasionally
5.Peel and cube the potatoes and boil in the water for about 10 minutes or until soft. Then drain over the sink. Wash up.		Cut into small dice to cook quickly
6.Mash the potato using a potato masher.		You may wish to add a splash of milk when mashing the potatoes.
7.Spoon the mince into an ovenproof dish then cover with the mash. Wash up.	Use hot water	
8.At home grate the 20g cheese and sprinkle over the top and place in the oven for 20-25 minutes 200 / Gas mark 6.		

Vegetable samosas



Skills & cooking method

Skills level:
low/medium

Equipment	Ingredients
Oven tray lined with greaseproof paper	1/2 small onion 1/2 carrot
Peeler	1/2 potato
Grater	25g frozen peas
White Chopping board	4 sheets of filo pastry
Wooden spatula	1tbsp vegetable oil (swp)
Pan	1tsp of garam masala (swp)
Knife	1/2 tsp turmeric (swp)
Pastry brush	1/2 tsp chilli powder (swp)
Cutlery knife	
Tablespoon	

Food Science Key Terms

Dextrinisation: As the carbohydrate in the flour begins to heat it changes to a golden colour.

Heat is transferred by **convection** in the oven and **conduction** from the oven tray.

Do it now

- | | |
|--|--|
| 1. Apron, hair, hands.
2. Collect equipment and ingredients | 3. WASH HANDS
4. Turn on oven to 200C |
|--|--|

Method	Safety and Hygiene	Food Quality
1. Peel the vegetables and grate them	Careful with sharp peeler and grater.	
2. Heat the oil in a pan and add the vegetables, stir with a wood spatula until softened.		Do not leave unattended as it can quickly burn.
3. Add spices and 2 tbsps cold water to the pan.		
4. Add the frozen peas and stir over the heat for a few minutes. Remove from heat and leave to cool.		Do not leave unattended as it can quickly burn
5. Place one sheet of filo paper on the worksurface, then paste oil on with a pastry brush.	Make sure worksurface is clean	
6. Add another sheet of filo paper on top of the other and paste with oil. Cut in half down the middle.		Use cutlery knife and cut firmly.
7. Place $\frac{1}{4}$ of the filling in the bottom left-hand corner. Fold to make a triangle. Repeat the process. Paste the samosa with oil.		
8. Place on a baking sheet and repeat the process.	Use oven gloves	
9. Bake for 10 minutes. Wash up	Use hot soapy water.	

Quiche



Skills & cooking method

Skills level:
high

Equipment	Ingredients	
Mixing bowl	<u>For Pastry</u>	<u>For Filling</u>
Jug	200g Plain flour	1 small onion, finely chopped
Fork	50g butter or block marg	2 rashers of bacon, cut into small pieces
Oven proof flan dish	50g lard	Oil for frying (swp)
Knife	Pinch of salt (swp)	90g hard cheese grated
Chopping board	Cold water	2 eggs
Frying pan		200ml milk
Wooden Spatula		Salt and pepper (swp)
Baking tray		1 tomato thinly sliced

Food Science Key Terms

Denature: when the egg is mixed in the jug, the protein strands 'denature' and break apart, therefore changing the structure of the egg.

Coagulation: upon heating in the oven the protein strands in the egg 'sets or firms' (coagulate).

Dextrinisation: the heat turns the carbohydrate in the pastry into dextrin sugars, which then turn brown. Heat is transferred by **conduction** in the pan and oven tray and **convection** in oven.

Do it now

- | | |
|--|--|
| 1. Apron, hair, hands.
2. Collect equipment and ingredients | 3. WASH HANDS
4. Preheat oven to 190C |
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Method	Safety and Hygiene	Food Quality
1. Make the shortcrust pastry by the rubbing in method. Sift flour and salt into a mixing bowl. Cut up the fats into small pieces. Rub fats into the flour to make a crumb-like mixture. Stir in the cold water, a spoonful at a time until a dough forms.		
2. On a lightly floured surface, roll out the pastry and line the flan dish. Place on the baking tray.		Roll once then turn once when rolling out to get an even roll and round shape.
3. Chop the onions (if not done so).	Use white chopping board, careful with peeler.	
4. Fry the onion and the bacon until slightly browned. Put in the pastry case, add the grated cheese.	Careful of hob.	
5. Beat together the eggs, milk, salt and pepper. Pour into the flan case and arrange the tomato on top.	Wash hands after cracking open the eggs.	
6. Bake in the oven for 30-35 minutes until set and golden.		Careful when transferring to oven to avoid the mixture from spilling.
7. Wash up.	Use hot water	

Sausage rolls

Skills & cooking method

Skills level:
high



Equipment	Ingredients	
Mixing bowl Chopping Knife Cutlery knife Red Chopping board Frying pan Wooden Spatula Baking tray greased and lined Flour dredger	<u>For Pastry</u>	<u>For Filling</u>
	225g Plain flour	6 sausages meat or veg OR 200g hard cheese
	75g butter or block marg	1 egg to glaze
	75g lard Pinch of salt (swp)	1 tsp mixed herbs (swp)
	Cold water	Salt and pepper to season (swp)

Food Science Key Terms

Lamination: the process of laying fat (butter and dough) and refolding to make layers. When baked the butter melts and causes **Steam** to rise causing the layers of dough to separate and ‘**puffing up**’ giving a layered flaky texture.

Coagulation: upon heating in the oven the protein strands in the egg ‘sets or firms’ (coagulate).

Dextrinisation: the heat turns the carbohydrate in the pastry into dextrin sugars, which then turn brown. Heat is transferred by **conduction** in the pan and oven tray and **convection** in oven.

Do it now

- | | |
|--|--|
| 1. Apron, hair, hands.
2. Collect equipment and ingredients | 3. WASH HANDS
4. Preheat oven to 190C |
|--|--|

Method	Safety and Hygiene	Food Quality
1.Mix flour and salt, cut the lard and butter into small pieces.		
2.Stir with a knife and slowly add the cold water until a stiff dough is formed.		
3.Roll on a floured surface to a narrow strip.		
4.Fold in three, give a quarter turn so one of the open ends is towards you and roll out again. Do this three times. Cover and leave to chill / freeze.		Make sure you use the flour dredger liberally to avoid the pastry sticking to the worksurface and rolling pin.
5.Carefully remove the skin off the sausage using a sharp knife, mix in herbs and seasoning and roll into 6 sausage shapes.	Use a red chopping board and wash hands after to avoid cross contamination.	
6.Roll out the dough and add the filling or either sausage meat or cheese. Glaze around the edges and roll around the sausage using a fork to seal in the sausage and cut slits at the top.		
7.Place on a baking tray and glaze with the egg and cook for 25-30 minutes in the oven. Wash up.	Use an oven glove Use hot soapy water	

Jambalaya



Skills & cooking method

Skills level:
medium

Equipment	Ingredients
Saucepan	1 x chicken breast or 2/3 boneless thighs
White chopping board	1 clove of garlic (swp)
Red Chopping board	1 small onion
Knife	1 x stock cube
Measuring jug	1 tablespoon oil (swp)
Wooden spatula	½ tsp smoked paprika (swp)
Dessert spoon	200g tin chopped tomatoes
	½ red pepper
	50g spicy sausage or chorizo
	50g mushrooms
	65g Arborio rice

Food Science Key Terms

Absorption: The rice is slowly cooked by absorbing all the liquid from the stock.

Cross Contamination: This is where high risk foods contaminate low risk foods.

Pathogens: Are harmful microorganisms found on high-risk foods that can cause food poisoning.

Heat is transferred by **conduction** in the pan

Do it now

1. Apron, hair, hands.
2. Collect equipment and ingredients

3. WASH HANDS

Method	Safety and Hygiene	Food Quality
1.Prepare vegetables by dicing and placing in pan, and crush the garlic clove.	Use white chopping board	
2.Open the tinned tomatoes.	Use tin opener carefully	
3.Crumble the stock cube into a measuring jug and add 200ml boiling water.		
4.Slice the chorizo into even pieces.		
5.Prepare the chicken on a red chopping board by slicing into even pieces, slice the raw sausages (if using).	Thoroughly wash knife to avoid cross contamination. Use red chopping board.	
6.Fry the vegetables in a large pan, in a small amount of oil until softened.		Avoid overcooking.
7.Add raw chicken and chorizo and stir until chicken is white. Then stir rice and paprika and coat well, then add tinned tomatoes.	Wash hands after handling raw chicken.	Cook until chicken goes white,
8.Add a third of the stock from the jug and stir whilst the stock is being absorbed by the rice.		
9.Add remaining stock and stir regularly to prevent sticking.		
10.Check temperature of chicken using food probe, place in container and wash up.	Thoroughly re heat before serving.	The rice should be al dente

Chilli Enchiladas

Skills & cooking method	Skills level: medium
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Equipment	Ingredients
Large Saucepan White chopping board Red Chopping board Sharp Knife Wooden spatula Tablespoon Cheese Grater	250g minced beef/ turkey Or Quorn 1 small pepper 1 small onion 1 tablespoon oil (swp) 1 clove garlic (swp) 1 tbsp tomato puree (swp) 1 tin kidney beans 1 tin chopped tomatoes 1 stock cube (beef) 2 tsp smoked paprika 1 tsp Chilli Powder (swp) 4 soft tortillas 100g cheddar cheese Oven Proof Dish to take home

Food Science Key Terms

Reduction Sauce: the flavour intensifies and the sauce thickens by simmering down and reducing the sauce.

Cross Contamination: This is where high risk foods contaminate low risk foods.

Pathogens: Are harmful microorganisms found on high risk foods that can cause food poisoning.

Heat is transferred by **conduction** in the pan

Do it now

1. Apron, hair, hands.
2. Collect equipment and ingredients

3. WASH HANDS

Method	Safety and Hygiene	Food Quality
1.Prepare vegetables by chopping the onion and pepper. Open the kidney beans and chopped tomatoes with a can opener.	Use white chopping board. Use tin open carefully.	
2.Heat the oil in saucepan and add in onions and mincemeat. Keep stirring using wooden spatula until the mince is brown.	Remember to put meat packaging straight into the bin and wash your hands.	
3.Add the garlic and remaining vegetables.	Use tin opener carefully.	
4.Add tinned tomatoes, tomato puree and red kidney beans and reduce heat to a gentle simmer.	Stay with the pan at all times.	
5.Add stock cube and spices and stir well. Leave to simmer for 10 minutes. Wash up pots.		Use hot water from kettle. Stir occasionally to avoid sticking to the pan.
6.Grate the cheese using a cheese grater, ready for the topping.	Careful when using grater	
7.Place the tortilla wraps on a clean surface or plate, place a large spoonful of the sauce in the wrap, and roll up. Place them neatly in the oven proof dish.	Use hot water	
8.Pour the remaining sauce around and on top of the tortillas in the oven proof dish. Sprinkle on the cheese. Wash up remaining pots	Use hot water	
9.At home: Bake on gas mark 5 or 180 degrees for 25-30 minutes until the filling is piping hot.	Careful with oven, use oven gloves	

Millie's cookies



Skills & cooking method

Skills level:
low

Equipment	Ingredients
Oven tray lined with greaseproof paper	65g butter, softened
Mixing bowl	50g light brown sugar
Wooden Spoon	65g caster sugar
Teaspoon	1/2 egg, lightly beaten
	1/2 tsp vanilla extract (swp)
	115g self-raising flour
Container to take home	1/4 tsp salt (swp)
	100g chocolate chips

Food Science Key Terms

Raising Agent: A chemical raising agent such as bicarbonate of soda is added to the flour which when heated releasing **carbon dioxide** gas causing the cookie to rise.

Dextrinisation: As the carbohydrate in the flour begins to heat it changes to a golden colour.

The spread: As the cookie dough starts to heat up, the butter inside it melts. The ball of dough loses its structural integrity and spreads out. The diameter of the cookie is set by how long the cookie expands.

Heat is transferred by **convection** in the oven and **conduction**

Do it now

- | | |
|--|---------------------------------------|
| 1. Apron, hair, hands.
2. Collect equipment and ingredients | 3. WASH HANDS
4. Turn oven to 180C |
|--|---------------------------------------|

Method	Safety and Hygiene	Food Quality
1. In a mixing bowl cream butter and sugars until light and fluffy. Add the egg and vanilla until combined.		Coat the butter in the sugar before creaming using a wooden spoon.
2. Sieve in the flour and salt, then add the chocolate chips. Mix together.		
3. Roll into walnut sized balls for a homemade look.	No licking your fingers – be aware of personal hygiene.	
4. Place on a baking tray and bake for 7 minutes for a real 'Millies' experience, until the cookies are just setting. Otherwise, cook for 10 minutes until just golden around the edges.		After 7 minutes the cookies will be really doughy.
5. Take out of the oven and leave to harden for a minute before transferring to a wire cooling rack. These are great warm and store well.	Careful, it will be very hot, use oven gloves.	Leave for 5-10 minutes to cool before transferring to container.
6. Wash up	Use hot water	

Scotch eggs



Skills & cooking method

Skills level:
medium/high

Equipment	Ingredients
Red chopping board	3 eggs
Knife	4 thick sausages
Small saucepan	1 tsp mixed herbs (swp)
Greaseproof paper lined baking tray	4 slices bread (swp)
Bowl	50g plain flour
Fork	Salt and pepper (swp)

Food Science Key Terms

Enrobing: A food is 'enrobed' when it is coated with another food

Baking: A dry heat in the oven by convection

Processing: A processor has a sharp blade whereby the bread is placed and pulsed until the bread is broken down into breadcrumbs

Do it now

- | | |
|--|--|
| 1. Apron, hair, hands.
2. Collect equipment and ingredients | 3. WASH HANDS
4. Preheat oven to 190C |
|--|--|

Method	Safety and Hygiene	Food Quality
1.Place two eggs in a pan of hot water, bring to the boil and simmer for 10 minutes.		Check timing to ensure egg is fully cooked
2.Put the pan of eggs in the sink and run under cold water whilst removing the shells.		Be careful when peeling the shell
3.Whilst the eggs are cooking, make the breadcrumbs by putting the slices of bread in the processor. Tip into a bowl,.		
4.Beat the third egg in a bowl		
5.Season the flour with salt and pepper and place in small bowl		
6.Skin the sausages and mix the mixed herbs into the sausage meat. Divide into two equal pieces.	Ensure hands are clean Use red chopping board	
7.Shape each portion of sausage meat around a hard-boiled egg shaping it to look like an egg	Use oven gloves	
8. Place in the flour and coat, then place in the beaten egg and finally the breadcrumbs		Have bowls set up for enrobing
9. Place on a baking tray and bake for 20 minutes until golden brown. Wash up.	Use hot, soapy water	

Katsu curry

Skills & cooking method

Skills level:
medium/high



Equipment	Ingredients	
Baking tray with greaseproof paper	4 chicken mini fillets or 2 boned thighs or 150g block firm tofu	School will provide: ¼ tsp tumeric
White Chopping board	1 onion	1 tsp curry powder
Vegetable peeler	1 carrot	1 tbsp plain flour
Sharp Knife	5cm piece of ginger	2 x tbsp light soy sauce
Fine Grater	1 chicken stock cube	1 x tsp honey
Measuring Jug		1 x tsp rice vinegar
Kettle		½ tsp garam masala
Large metal spoon		2 tsp corn flour
Medium saucepan		1 garlic clove
Measuring spoons		2 slices of bread (for breadcrumbs)
Wooden spoon		1 tbsp vegetable oil
2 bowls		
Food Processor		
Hand blender		

Food Science Key Terms

Enrobing where the meat is 'enrobed' or 'coated by another food (in this dish it is breadcrumbs)

Dextrinisation where the starch molecules brown and turn to 'dextrin' sugars in a dry heat (breadcrumbs in the oven).

Reduction Sauce the curry sauce is simmered where the liquid slowly evaporates and reduces the sauce, intensifying the flavour of the sauce.

The heat transfer is by **conduction** when frying and **convection** in the oven and simmering.

Do it now		Katsu curry
1. Apron, hair, hands. 2. Collect equipment and ingredients	3. Turn oven onto 200°C	

Method	Safety and Hygiene	Food Quality
1. Place cornflour in a bowl and add 1-2 tbsp of water, mix into a paste and season with salt and pepper. .	Use a white chopping board	Ensure there is enough water and it is a paste.
2. Dip the chicken or tofu into the flour mixture followed by the breadcrumb and ensure it is evenly coated.	Wash hands after handling raw chicken	Ensure it is fully coated
3. Place the coated chicken fillets on the lined baking tray, place in the oven and cook for 10-15 minutes.	Use oven gloves. Check cooked chicken with a probe.	
4. Prepare the curry sauce ingredient, peel and finely chop the onion and carrot, finely grate the ginger, crumble stock cube into a measuring jug, add 300ml boiling water until dissolved.	Careful of sharp blade	Fine cuts
5. Add the vegetable oil in a large saucepan, place over a medium heat and add the onion, garlic, carrot and ginger. Sauté for 3-4 minutes until soft and the onions begin to caramelise.	Careful of hob, keep attended.	Keep stirring to avoid burning
6. Stir in turmeric, curry powder, and flour then gradually stir in the stock, add soy sauce and honey and simmer, stirring occasionally for 10 minutes. Stir in rice vinegar and garam masala.		Don't have on too high a heat or it will burn.
7.. Remove chicken from oven. Blitz the curry sauce using a hand blender. Place in containers and wash up	Use oven gloves, careful of blade, use hot soapy water	
8. At home reheat chicken in oven to keep crispy, reheat sauce on a hob until piping hot and serve with rice	Ensure it is all piping hot 75°C	23

Mince pies



Skills & cooking method

Skills level:
medium

Equipment	Ingredients
Sieve Large Mixing bowl Butter Knife Tablespoon Mixing spoon Large muffin tray Teaspoon Oven gloves Cooling rack	100g plain flour 50g butter or hard baking fat 2-3 tablespoons cold water (swp) 1 jar of sweet mincemeat Icing sugar (swp)

Food Science Key Terms

Rubbing in where the fat is rubbed into the flour making a 'short' crumbly texture to the pastry and making it repel water from the fat.

Dextrinisation when starch granules are in a dry heat they turn into 'dextrin' sugars which turn brown and have a sweet flavour.

Heat transfer is by **conduction** from the oven tray and **convection** from the oven

Do it now

- | | |
|--|--------------------------|
| 1. Apron, hair, hands.
2. Collect equipment and ingredients | 3. Turn on oven to 200°C |
|--|--------------------------|

Method	Safety and Hygiene	Food Quality
1. Sift the flour in the mixing bowl, cut the butter or hard baking fat into small pieces.		Cut into small cubes.
2. Add butter to the bowl and rub-in using your fingertips. Add 2-3 tbsp of cold water and mix into the flour, make a ball with the mixture.		Avoid adding too much water as the pastry dough will get too wet.
3. Divided the ball into 12 pieces.	Ensure work surface is clean	Neatly roll and cut evenly
4. Place one ball into each of 6 holes in the muffin tray. Press down to fill the bottom and sides of the holes.		Ensure all sides are filled
5. Add a tbsp of mincemeat to each of the patties in the in the muffin tray.		
6. Flatten the other 6 balls in your hands to make lids. Put the pastry lid on top of the mincemeat, gently push down the sides of the lid with your fingers.		Push together with finger and thumb. You may wish to glaze to make more golden with milk using a pastry brush.
7. Using oven gloves carefully place the patty tin in the oven and bake for 20 minutes until golden brown – wash up.	Careful of hot oven	
8. Once cooked remove from the oven with oven gloves and place on a cooling rack to cool for 5 minutes. Then place in container and sprinkle with a little icing sugar. Wash up muffin tray.	Careful when placing on cooling rack – they will be hot.	