

**St. Genevieve's High School**

**Year 9**

# **Recipe Booklet**



## **Baked Potato**

### **Ingredients:**

1 large baking potato

### **Choice of fillings:**

Cheddar cheese, baked beans, ham, tuna, onion



### **Remember to use oven gloves for hot trays and dishes**

### **Method:**

- 1) Collect equipment and ingredients
- 2) Pre-heat oven to 180c
- 3) Wash potato thoroughly and mark with a cross on the top of the potato
- 4) Place potato on pyrex (glass plate) and microwave for about five minutes. If it still feels hard microwave for another couple of minutes until it feels soft when you put a sharp knife in
- 5) Prepare the filling ingredients e.g. grate cheese, chop ham
- 6) Using a fork and a spoon scoop out most of the inside of the potato and mix together with the filling ingredients
- 7) Put the mixture back inside the potato
- 8) Place on a baking tray and bake in the oven for 10-15 minutes
- 9) Serve with a green salad

## Tuna Puffs

### Ingredients

1 sheet ready rolled puff pastry

1 can of tuna

¼ onion finely diced

50g cheese

Milk

**Tips: Add extra vegetable such as sweetcorn or peppers for more variety in your diet**

### Method:

- 1) Collect ingredients and equipment
- 2) Roll out pastry on board
- 3) Open can of tuna and drain out the liquid
- 4) Flake tuna in small white bowl
- 5) Add grated cheese to tuna and mix well
- 6) Cut the pastry sheet into four even sized squares
- 7) Place a little of the tuna mixture into the middle of each square
- 8) Fold the pastry edges into the middle to make a triangle
- 9) Brush with a little milk and place on a baking tray
- 10) Bake in oven for 10-15 minutes and the puffs are golden brown



## **Scone based Pizza**

Recipe below makes 1 large pizza or 2 smaller ones

Ingredients:

300g self-raising flour

25g margarine

1tsp mixed herbs

150ml semi-skimmed milk

2-3tbsp of tomato puree

Topping:

50g cheddar cheese

Choice of topping;

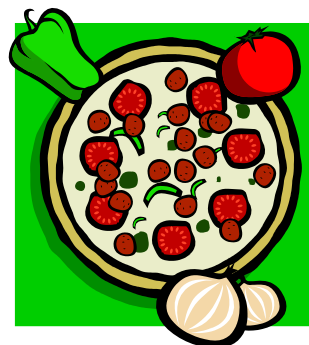
Ham, mixed peppers, pineapple, sweetcorn, onion, tomato

Pinch of mixed herbs or oregano

**Don't forget to use oven gloves**

Method:

- 1) Collect equipment and ingredients
- 2) Pre-heat oven to 160c
- 3) Sieve flour into baking bowl and add mixed herbs
- 4) Rub margarine into flour until it disappears
- 5) Add milk slowly using a table knife until you get a soft dough. Do not add too much milk or the dough will become too sticky
- 6) Gently roll and shape the dough on a floured surface
- 7) Place on tinfoil or oven proof plate
- 8) Spread the tomato puree over the base
- 9) Place on a baking tray add toppings followed by cheese and a sprinkle of herbs
- 10) Bake in the oven for 20 minutes until base and toppings have cooked through



## Chipped Topped Pie

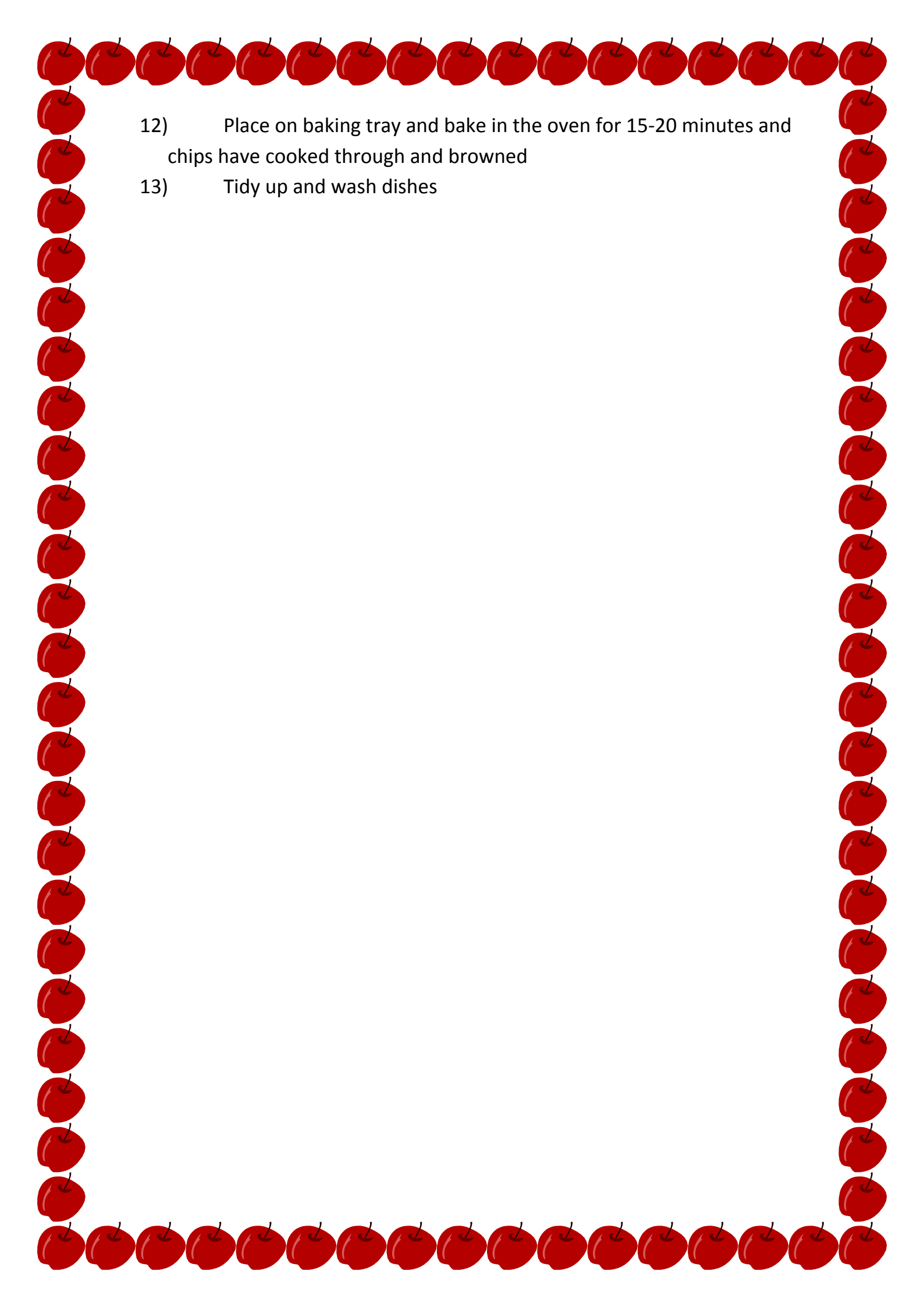
### Ingredients

- 225g minced steak
- 1 carrot
- 1 onion
- 2-3 tbsp of frozen peas
- 2-3 tbsp of sweetcorn
- 1 beef stock cube
- ½ carton or can of chopped tomatoes
- 1 tbsp tomato puree
- 1-2 tsp of worcesershire sauce
- Mixed herbs (optional)
- 200g frozen oven chips

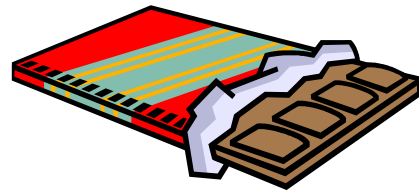
### Method:

- 1) Pre-heat oven to 180c
- 2) Collect equipment and ingredients
- 3) Peel and dice carrot into small squares
- 4) Peel and dice onion
- 5) Place chopped tomatoes, tomato puree, stock cube, Worcestershire sauce and mixed herbs in a small bowl
- 6) Brown mince over a medium heat until there are no pink bits remaining
- 7) Add carrot and onion and cook for a few minutes
- 8) Add contents of bowl and 100 ml of water
- 9) Reduce heat add frozen peas and sweetcorn and simmer
- 10) While meat is simmering chop frozen chips into bite-sized pieces
- 11) Pour mince mixture into pie dish and sprinkle over frozen chips



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- 12) Place on baking tray and bake in the oven for 15-20 minutes and chips have cooked through and browned
- 13) Tidy up and wash dishes

## Chocolate Sponge Cake



This mixture makes a 1lb loaf cake

100g self-raising flour

100g margarine

100g caster sugar

2 eggs

1-2 tbsp of cocoa powder (use 2 tbsp if you like it nice and chocolately)

**Don't forget to use oven gloves**

Method:

- 1) Pre-heat oven to 180c
- 2) Collect equipment and ingredients
- 3) Place paper liner in loaf tin
- 4) Sieve flour into mixing bowl, add sugar, and margarine to same bowl
- 5) Mix the eggs together in a small bowl using a fork and add to the large bowl
- 6) Mix all the ingredients together until you have a smooth batter
- 7) Sieve in the cocoa powder and gently mix into the batter
- 8) Pour the mixture into the lined tin using a spatula to get all the mixture out
- 9) Place loaf tin on baking tray and place into oven
- 10) Bake in the oven for 35-40 minutes until cooked through in the middle
- 11) Decorate at home with melted chocolate or chocolate buttercream icing or slice and serve warm with custard or ice-cream

## Raspberry and white chocolate scones

### Ingredients

225g self-raising flour

50g margarine

25g caster sugar

100ml semi-skimmed milk

2-3 tbsp frozen raspberries

25-30g white chocolate chips



**Tip: Substitute the raspberries for blueberries or blackberries for a different flavour**

### Method:

- 1) Collect equipment and ingredients
- 2) Pre-heat oven to 180c
- 3) Sieve flour into mixing bowl
- 4) Add margarine and rub in until it disappears
- 5) Stir in the sugar
- 6) Measure milk into jug and slowly add the milk making a well in the centre of the flour and mixing in slowly with a table knife. Be careful not to add too much milk the dough should not be sticky
- 7) Place the dough on a floured surface and roll out into a rectangular shape
- 8) Sprinkle the raspberries and chocolate chips over the dough
- 9) Tightly roll up the dough into a swiss roll shape
- 10) Slice the roll into even sized pieces and place on the baking tray
- 11) Bake for 12-15 minutes until golden brown

## Banana & Cinnamon Sponge

This recipe makes a 1lb loaf cake

### Ingredients

100g self-raising flour

75g caster sugar

100g margarine

2 eggs

1 banana mashed

1-2 tsps. of cinnamon OR vanilla essence



**Don't forget to use oven gloves**

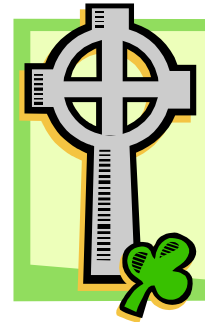
### Method:

- 1) Pre-heat oven to 180c
- 2) Collect equipment
- 3) Weigh out sugar, margarine and flour and place in mixing bowl
- 4) Crack eggs in small bowl and whisk together with a fork
- 5) Add eggs to all other ingredients
- 6) Mix together the cake ingredients with a wooden spoon or electric beaters until the mixture is smooth
- 7) Add the mashed banana and stir through
- 8) Add the cinnamon or vanilla
- 9) Spoon the mixture into the loaf tin and place the loaf tin on a baking tray
- 10) Place into oven using oven gloves and bake for 35-40 minutes until the cake has cooked through

## **St. Patrick's Day Bannock**

### **Ingredients:**

- 250g soda bread flour
- 100-125ml buttermilk or semi-skimmed milk
- 1-2 scallions (depending on taste)
- 25g cheddar cheese



**Don't forget to use oven gloves**

### **Method:**

- 1) Pre-heat oven to 180c
- 2) Collect equipment and ingredients
- 3) Place flour in mixing bowl
- 4) Wash scallion and chop finely
- 5) Grate cheese
- 6) Add chopped scallion and grated cheese to the flour and stir through together
- 7) Make a well in the flour mixture and slowly add the milk mixing with a knife until you have a soft dough. Be careful not to add too much milk and make it too sticky
- 8) Lightly flour table and shape into a round make a cross shape on top and place on a floured baking tray
- 9) Bake in oven for 20-25 minutes until golden brown and cooked through in the middle

## **Fruit kebabs with fruit coulis**

A nice summer dish - use fruits that are in season

### **Ingredients:**

1 eating apple

1 small Satsuma or mandarin orange

10- 12 green or black grapes

6-8 fresh strawberries

10-12 blueberries

Cocktail sticks

### **Method:**

- 1) Collect equipment and ingredients
- 2) Wash all fruit
- 3) Peel and divide orange into segments
- 4) Chop apple and strawberries into bite size pieces
- 5) Thread fruit onto cocktail sticks e.g. piece of apple followed by piece of orange followed by strawberry until you have a piece of each fruit on the sticks. Repeat the pattern if you have room on your stick
- 6) Make the fruit coulis – blend together fresh soft fruits or defrosted frozen soft fruit e.g. strawberries, raspberries or mixed summer fruits
- 7) Pass the pureed fruits through a sieve to remove any seeds or lumps
- 8) Add a little icing sugar to sweeten if necessary
- 9) Serve the fruit coulis with the fruit kebabs

