

Year 8 Practical recipes 2025-26

Focus on cross contamination – meat and alternative products for special diets and foods from around the world

Building skills in preparation, cooking,

- Bread making, shaping,
- Reduction based sauce
- Making a roux
- Cooking for special diets (mastering of knife skills)
- Making a cake
- Making a filling and wrap in casing
- Mashing and filling potatoes
- Pastry making and shaping crimping edges

Equipment



Key words: proving, yeast, creativity, shape, twist, form, roll, rising agent

Lesson Aim - to know how to make bread, knead and shape a dough. To arrange toppings for a pizza & to use the oven safely.

Pizza

TOP TIPS
 1) DON'T ADD TOO MUCH WATER!
 2) DON'T SPREAD THE SAUCE RIGHT TO THE EDGE
 3) Evenly spread your toppings

Quality Controls / Safety / Success Criteria

- Check the temperature of the oven.
- Weigh and measure ingredients accurately.
- Make sure the water is hand hot (37°C).
- Mix the flour, yeast and water thoroughly until dry enough to handle and not too sticky.
- Use flour to stop the dough from sticking to the work surface.
- Make sure the dough is 1 cm thick
- Allow 1 cm border around the edge of the base
- Chop vegetables evenly
- Arrange ingredients evenly on top of tomato puree
- Make sure pizza is cooked (golden topping, well risen base)

Skills:

1. Making bread dough, kneading, shaping.
2. Using a knife and peeler safely
3. Claw grip / Bridge Hold grating.
4. Presenting food neatly



Key Knowledge Q

1. Why do we use warm water?
2. Why should you not spread the sauce to the edge?
3. Why does the bread dough need to be kneaded?

100g Strong bread flour
1 tsp of dried yeast
Tomato based sauce
30g cheese
pepperoni
onions
1/4 yellow pepper



WEIGH
MEASURE
MIX, STIR &
COMBINE
KNEAD
PROVE

PORCION /
DIVIDE
ROLL OUT
SPREAD
CUT, CHOP,
SLICE, DICE
& TRIM
DECORATE &
GARNISH

Method

- 1) Combine the flour & yeast in a large bowl.
- 2) Add the warm water gradually using a tablespoon. Mix the ingredients with a knife until a dough is formed.
- 3) Knead the dough on a floured surface for 5 minutes.
- 4) Shape into your desired shape, 1 cm thick, that will fit onto your greased baking tray.
- 5) Spread the dough with the tomato puree.
- 6) Prepare vegetables on a chopping board then slice the cooked meat
WASH YOUR KNIFE AND BOARD AND PUT AWAY
- 7) Arrange meat and vegetables on top of the tomato pizza sauce.
- 8) Grate the cheese and assemble the topping.
- 9) Bake in the oven at 180°C until the cheese has melted, and the toppings are golden brown.
- 11) Remove from the oven using oven gloves. Final clean and clear.



Aim: how to make a reduction sauce and use the hob safely -



SUCCESS CRITERIA

1. Finely chop the garlic!
2. DON'T have the heat TOO HIGH!!
3. Stir constantly so it does not burn!
4. Safe hob and knife skills



Safety

HOB SAFETY, KNIFE SAFETY
CROSS-CONTAMINATION



METHOD

- 1) Chop the onions & garlic, fry in a large saucepan along with the mince over a medium heat until it has browned.
- 2) Reduce the heat and stir in the tinned tomatoes, add peppers and tomato puree and finally the mushrooms.
- 3) Season well with salt, pepper & herbs . Cover with a lid and simmer the Bolognese sauce over a gentle heat for 20 minutes until it's rich and thickened, stirring occasionally to prevent it sticking to the bottom.

Bolognese Sauce ingredients

- 1/2 onion
- 1 garlic clove
- 100g lean beef mince
- 1/4 red pepper
- 4 mushrooms (if required)
- 1 small can chopped tomatoes
- 1 tbsp. tomato puree
- Fresh herbs or dried herbs like oregano, mixed or basil



Mastery

All ingredients are chopped equal sizes. ✓
Good simmering skills ✓
Regular stirring ✓
Excellent food safety (CC / Knife / packaging / hobs) ✓

Key knowledge Q –
What temperature
should the food be
cooked to?

Skills - WEIGH, MEASURE, PEEL,
CUT, CHOP, SLICE, DICE & TRIM, FRY &
SAUTE, STIR-FRY

Macaroni Cheese



Prepare yourself - Apron, Wash hands, Tie hair up!
Prepare your ingredients - Collect all items needed
Prepare your equipment - Collect all items needed and make sure they are clean and ready to use

Key words:
Roux sauce,
boiling,
simmering,
grating

Equipment - large saucepan small saucepan chopping board cheese grater wooden spoon.

Step by step instructions:

1. Put the macaroni in the saucepan and cover with warm water from hot tap.
2. Put the saucepan on the back hob and turn the dial to number. When boiling turn down to a simmer. Number 2 on electric cooker. Small flame on gas cooker.
3. Collect your block of cheese and grate onto chopping board. Put cheese in container.
4. USING DESIGNATED SINK WASH GRATER AND CHOPPING BOARD. PLACE ON TABLE FOR CHECKING.
5. Put the butter, flour and milk in the small saucepan.
6. Using the front hob turn onto a low heat. Or Number 2 on the electric cookers.
7. Using the wooden spoon stir the sauce till the sauce thickens.
8. Add grated cheese and stir into the sauce cook on a low heat till melted. Remove pan from the heat onto a wooden triangle.
9. Check pasta is cooked. Using the colander in an EMPTY sink drain the water from the pasta.
10. Add pasta to your silver container. Pour the sauce over the pasta and stir.
11. USING DESIGNATED SINK WASH SAUCEPANS AND WOODEN SPOON. PLACE ON TABLE FOR CHECKING.
12. Add name and ingredients label to the container.
13. Leave in the food room and collect later

Success Criteria

- Good simmering skills ✓
- Regular stirring ✓
- Smooth sauce no lumps ✓

Ingredients: -

50g macaroni
20g cheese
25g butter
25g plain
flour
250ml semi skimmed
milk
Oregano

Vegan Chilli



Prepare yourself - Apron, Wash hands, Tie hair up!
Prepare your ingredients - Collect all items needed
Prepare your equipment - Collect all items needed and make sure they are clean and ready to use

Key words:
Vegetable preparation,
sharp knife safety,
hob skills, simmering

Equipment - large saucepan chopping board sharp knife wooden spoon measuring jug

Step by step instructions:

1. Using sharp knife safely cut all vegetables into even size pieces.
2. Add vegetables to saucepan. Add 10 ml vegetable oil.
3. USING DESIGNATED SINK WASH CHOPPING BOARD AND SHARP KNIFE - RETURN TO DESK FOR COLLECTION.
4. In your measuring jug add 100 ml of boiling water and add ½ stock cube.
5. Put the saucepan on the hob on a low heat simmer the vegetables till soft.
6. Add the spices.
7. Add the stock.
8. Add the tinned tomatoes and the kidney beans.
9. Bring to the boil then simmer for 10 minutes. SET TIMER ON THE BOARD FOR 10 MINUTES.
10. USING DESIGNATED SINK WASH MEASURING JUG.
11. Put the Vegan Chilli into container. WASH SAUCEPAN AND WOODEN SPOON.
12. Place all equipment back on desk for checking . When checked put back in cupboard.
13. Add name and ingredients label to container.
14. Leave in the food room unless you are eating it now.

Extra challenge

- Vegetables same size ✓
- Good simmering skills ✓
- Regular stirring ✓
- Smooth sauce no lumps ✓

Ingredients: -

1/4 red onion
1/4 celery stick
1/4 red pepper
100g red kidney beans
1/2 gluten free, vegan stock cube
1 tsp lime juice
10 ml vegetable oil
1/4 tsp smoked paprika
1/4 tsp ground cumin
1/4 tsp ground cinnamon
100g chopped tomatoes



Y8 chicken or Lamb

Rogan Josh

Method

Step 1- Cube the lamb/ chicken and remove any visible fat.



Review- What must you do before you start cooking?

Step 2- Prepare the vegetables and chop the vegetables (remember to use the bridge and claw techniques)



Step 3- Heat the oil in a large pan and add the lamb. Cook for 3-4 minutes. Ensure the chicken is white all the way through



Step 4- Add the Rogan josh curry paste, sliced onions and garlic. Cook for a further 2-3 minutes.



Equipment

- Coloured Chopping boards
- Sharp knife
- Tea spoon
- Tin opener
- Wooden spoon

Ingredients

225g lean lamb leg steaks or neck fillet or chicken breast
1 onion
2 tomatoes
1 clove garlic
1 x 15ml spoon fresh coriander
1 x 5ml spoon oil or spray oil
2 x 15ml spoons Rogan josh curry paste
200g can chopped tomatoes

Knowledge check how do you know when the meat is cooked? What temperatures should they be?

15-20 minutes on the hob

Step 5- Add the canned and fresh tomatoes and cook for further 15 minutes.



Burritos



Prepare yourself - Apron, Wash hands, Tie hair up!

Prepare your ingredients - Collect all items needed

Prepare your equipment - Collect all items needed and make sure they are clean and ready to use



Key words:

Vegetable preparation, Knife safety, cross contamination, Hob skills, Simmering

Step by step instructions:

1. Using sharp knife safely cut all vegetables into even size pieces.
2. Add vegetables to saucepan. Add 1tsp vegetable oil.
3. USING DESIGNATED SINK WASH CHOPPING BOARD AND SHARP KNIFE - RETURN TO DESK FOR COLLECTION.
4. Add the minced beef with the stock cube to the pan.
5. Put the saucepan on the hob on a low heat and gently fry the meat and vegetables until the meat is browned.
6. Add the spices.
7. Add the tinned tomatoes and the kidney beans (if required).
8. Simmer for 20 minutes.
9. Put the burrito mixture into the wrap and roll up.
10. WASH SAUCEPAN AND WOODEN SPOON.
11. Place all equipment back on desk for checking .
12. When its been checked put back in the cupboard.

How can you add more skills to the recipe?
Salad ingredients sauces?

- Is your meat cooked?
- How do you know?

Extra challenge

- Vegetables same size ✓
- Good simmering skills ✓
- Regular stirring ✓
- Meat cooked properly ✓
- Clean Pan ✓
- Wrapped neatly ✓

Ingredients: -

- 1 tsp vegetable oil
- 1/2 stock cube
- 1/4 onion
- 1 garlic clove
- 100g minced beef
- 100g chopped tomatoes
- 100g red kidney beans
- 1/4tsp chilli (if you want it spicier)
- 1 /4 tsp ground coriander
- 1/4 tsp ground cumin
- 1/4 tsp ground cinnamon
- 1/4 tsp oregano
- 1 flour or corn tortillas

Xmas recipe – marble cake – bring in decorations if you want to
test to revise for next lesson.

Marble Pear Tray

Bake



Prepare yourself - Apron,
Wash hands, Tie hair up!
Prepare your ingredients -
Collect all items needed
Prepare your equipment -
Collect all items needed and
make sure they are clean and
ready to use

19 – 20 cm square cake tin or
foil trays , Weighing scales
Mixing bowl, Measuring
spoons, wooden spoon,
Small bowl, Sieve, Spoon

Success Criteria:

- Good creaming skills ✓
- No lumps ✓
- Good marbling ✓
- No burnt cakes ✓

Food skills

- Weigh.
- Measure
- Core.
- Chop.
- Cream.
- Beat.
- Sift.
- Fold.
- Stir.

Ingredients

100g caster
sugar
100g butter
or soft baking
spread
2 eggs
100g self
raising flour
1 x 15ml
spoon coca
powder
1 x 5ml spoon
baking powder
½ pear

Method

1. Preheat the oven to 180°C or gas mark 4. and Grease and line the baking tin or foil tray.
3. Cream the sugar and fat together, until light and fluffy.
4. In a small bowl, beat the eggs with a fork.
5. Add the beaten egg, a little at a time, to the fat and sugar.
6. Sift the flour and baking powder into a bowl.
7. Fold the flour and baking powder into the mixture, a spoonful at a time.
8. Core and chop the pear into small pieces. Scatter pieces of pear into the lined cake tin.
9. Spoon half of the plain cake mixture into the tin.
10. Stir-in the cocoa to the remaining cake mixture.
11. Spoon the chocolate mixture into the baking tin and then swirl the two mixtures together to create a marbled effect.
12. Place in the oven and bake for 20 minutes, until golden brown and springy to the touch.
13. Remove from the oven and allow to cool.



Key words:

Sift, cream, beat, fold, marble, bake,

Prepare yourself - Apron, Wash hands, Tie hair up!

Prepare your ingredients - Collect all items needed

Prepare your equipment - Collect all items needed and make sure they are clean and ready to use



Filled potatoes

Lesson Aim: to learn how to mash, fry, make a filling, shape and garnish food and use the oven / grill.

What do you wear using the oven?
How do you know they are cooked?



Key words /

skills: Vegetable preparation, sharp knife safety, hob skills, dry-frying, mashing, grating, filling, garnishing, Baked

Extra challenge

- Vegetables same size ✓
- Safe frying skills ✓
- Safe knife skills ✓
- Regular stirring ✓
- no lumps in the mash ✓

Method: OVENS 220 – HOT!!

1. Using a sharp knife safely cut your baked potato in half. Scoop out the potato into a small bowl, add butter or cream cheese
2. In pairs using a frying pan dry-fry the bacon for 5-8 mins until crisp. Leave to cool, then transfer to a board and finely chop. Chop your spring onion / chives and grate your cheese.
3. Mash the potato flesh & soured cream together using a fork. Stir in the cooled bacon, most of the spring onion or chives and half of the cheddar. Season to taste.
4. Divide the potato mixture evenly between the cavities of the potato skins. Sprinkle the remaining cheddar over each filled potato half. Return the potatoes to the oven for 20 mins until golden and bubbling.
5. Sprinkle over the remaining spring onion or chives and serve hot.

Ingredients: -

- 1 baked potato
- Butter or cream cheese
- Bacon
- Spring onion
- Chives
- Optional salt / pepper/ paprika / chilli powder

Equipment – frying pan chopping board sharp knife wooden spoon baking tray grater

Sausage rolls

Prepare yourself - Apron,
Wash hands, Tie hair up!
Prepare your ingredients -
Collect all items needed
Prepare your equipment -
Collect all items needed
and make sure they are
clean and ready to use



Ingredients

- 50g Plain flour
- 25g butter
- 1tsp water
- 1 sausage, skins removed
- Optional – mustard

Lesson Aim: to learn how to make short crust pastry, how to roll out pastry, shape it and glaze it to finish it neatly,

What do you wear using the oven? How do you know they are cooked?

Key words / skills:
Rubbing in, forming a dough, rolling out, shaping pastry, Raw meat preparation, shaping meat

Equipment – mixing bowl, round knife, sharp knife, rolling pin, flour dredger, palette knife, baking tray, pastry brush, fork

- 1- Heat the ovens to 200C
- 2 Place your flour and butter in a mixing bowl and rub the fat into the flour until you have fine breadcrumbs.
- 3 Gradually add the water and form into a dough. **DON'T HANDLE IT TOO MUCH!!!!**
- 4 Roll out the pastry into rectangle on a surface lightly dusted with flour.
- 5 Use a sharp knife to skin the sausage meat and place in the centre of the rectangle.
- 6 Brush one of the edges with a beaten egg and fold over the pastry and roll to encase, then use a fork to press the pastry edges together. Cut the sausage rolls in half length ways and arrange on a greased baking tray.
- 7 Brush the sausage rolls with beaten egg. Bake for 30-35 mins until the pastry is a deep golden colour.
- 8 Transfer the sausage rolls to a wire rack and leave to cool for 10 mins.



Extra challenge

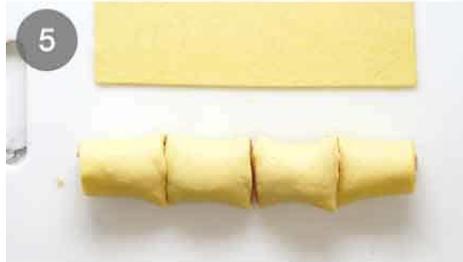
- Safe knife skills ✓
- Rolling out neatly / accurately ✓
- Laminating the pastry ✓
- Adding a filling to the pastry ✓
- Glazing the pastry ✓

1. Take your photo on your laptop and insert your photo on a new notebook page.

2. Explain how you will know when the sausage roll is cooked.

3. Describe how it will have changed.

4. Create a set of instructions for your friend on how to make your sausage roll.



Prepare yourself - Apron, Wash hands, Tie hair up!

Prepare your ingredients -

Collect all items needed

Prepare your equipment -

Collect all items needed and make sure they are clean and ready to use

Lesson Aim: to learn how to marinate chicken, fry and make a wrap.



Chicken fajitas



Extra challenge/ Mastery

- Vegetables same size ✓
- Safe frying skills ✓
- Safe knife skills ✓
- Regular stirring ✓
- Working independently

Key words vocabulary /

skills: Weigh. · Measure. · Juice.
· Slice. · Mix and stir. · Marinate.
· Grate · Stir fry. Cross contamination

How do you cook safely at the hob? Knife safety? What does a marinade do?

Method: 1. Prepare the marinade: squeeze the lime juice ; peel and crush the garlic; de-seed and slice the chilli; chop the coriander; stir everything.

Wash green board and put away.

2. Cut the chicken into strips, using a red board. Thoroughly wash and dry hands, knife and red board after touching the raw meat. Mix with the marinade.

3. Prepare the remaining ingredients with a fresh knife on a green chopping board: slice the onion and green pepper; chop the tomato; cut the cheese.

WASH YOUR KNIFE AND RETURN

4. Add the marinated chicken to the wok or frying pan and stir-fry for about 4 minutes. Check that the chicken is cooked.

5. Add the onion and green pepper, continue to cook for a further 2 mins.

6. Spread a little chicken in the centre of the tortilla, add some tomato, cheese. FINAL CLEAN AND CLEAR

Ingredients: -

•Ingredients

- 1/4 lime
- 1/4 green chilli
- 1 clove garlic
- 1x5ml spoon coriander
- 1x10ml spoon oil
- 1 small chicken breast
- 1/4 onion
- 1/6 green pepper
- 1 tortillas
- ½ tomato
- 25g cheddar cheese

Equipment
saucepan
chopping
board
green and
red sharp
knife
wooden
spoon

Prepare yourself - Apron,
Wash hands, Tie hair up!

Prepare your ingredients -

Collect all items needed

Prepare your equipment -

Collect all items needed and
make sure they are clean and
ready to use

Lesson Aim: to
learn how to
prepare pork, and
how to make a
risotto



Risotto in pairs



Extra challenge/ Mastery

- Vegetables same size ✓
- Safe frying skills ✓
- Safe simmering skills ✓
- Safe knife skills ✓
- Regular stirring ✓
- Working in pairs

Key words vocabulary /

skills: Weigh , Measure. Cut and trim.

Peel. Fry. Simmer. Grate. Cross
contamination

How do you cook safely at the hob? Knife safety? Prevent cross contamination.

Method:

1. Trim and cut the pork fillet (tenderloin) into thin slices. Use a red board and thoroughly wash and dry your hands after touching the raw meat.
2. Prepare the vegetables: peel and crush the garlic clove; wash the leek, top and tail and slice thinly. WASH boards and KNIVES, DRY & PUT AWAY.
3. Dissolve the stock cube in a jug with 500ml (18floz) of boiling water.
4. Heat the oil in a large saucepan over a moderate heat, add the pork slices, garlic and leeks and cook until lightly browned.
5. Add the rice and dried herbs, stir well and then add most of the stock. Keep a little stock in reserve to add later if necessary.
6. Place the lid on the pan and simmer for 15 minutes. Stir occasionally to prevent the rice from sticking to the bottom of the pan.
7. Add the remaining stock to the pan if necessary.
8. Grate the Parmesan cheese, if using, and scatter over the risotto.

FINAL CLEAN AND CLEAR

Ingredients

- 1 garlic clove
- ¼ leek
- 1 reduced salt vegetable or pork stock cube
- 1x5ml spoon olive oil
- 110g risotto rice
- 1 x 5ml spoon dried herbs
- 85g frozen peas
- 2x15ml spoon Parmesan cheese, optional

Equipment –

Red chopping board, sharp knife, chopping board, 2 x small bowls, garlic crusher, vegetable knife, measuring jug, large saucepan with a lid, wooden spoon, grater.

Prepare yourself - Apron,
Wash hands, Tie hair up!

Prepare your ingredients -

Collect all items needed

Prepare your equipment -

Collect all items needed and
make sure they are clean and
ready to use

Lesson Aim: to
learn how to
prepare pork, and
make a Yorkshire
pudding batter



Toad in the hole

Ingredients

- 35g Plain flour
- 1 egg
- 100ml milk
- 1 sausage
- 1 carrot

Extra challenge/ Mastery

- Measuring and weighing accurately
- Safe oven skills ✓
- Safe knife skills ✓✓
- Working independantly✓
- Vegetables same size ✓

**Key words vocabulary /
skills:** Weigh , Measure. Cut
and trim. Batter, Peel. Roast

How do you use the oven safely? Knife safety? Prevent cross contamination?.

Method: Preheat the oven to 200C/400F/Gas 6.

1.To make the batter, sift the flour into a small bowl. Make a well in the centre of the flour and crack in the eggs. Using a wooden spoon or whisk, gradually beat the eggs into the flour then slowly beat in the milk until the batter is the consistency of double cream. Transfer into the jug.

2.Place the oil into each of the slots in the tin and put in the oven for a few minutes.

3.Cut the sausage up the sausages into 6 equal pieces add to the hot muffin tray and pour in the batter. Immediately return the dish to the oven and cook for 35 minutes until well-risen and golden-brown.

Clean and clear

1.Whilst your food is cooking complete the carrot cutting challenge.

2.Using a green board – cut up your carrot in 4 different ways, julienne, batons, discs, small diced. See the video [Knife Skills: 4 Basic Cuts for Carrots | Yummy Ph](#)

Probing Questions

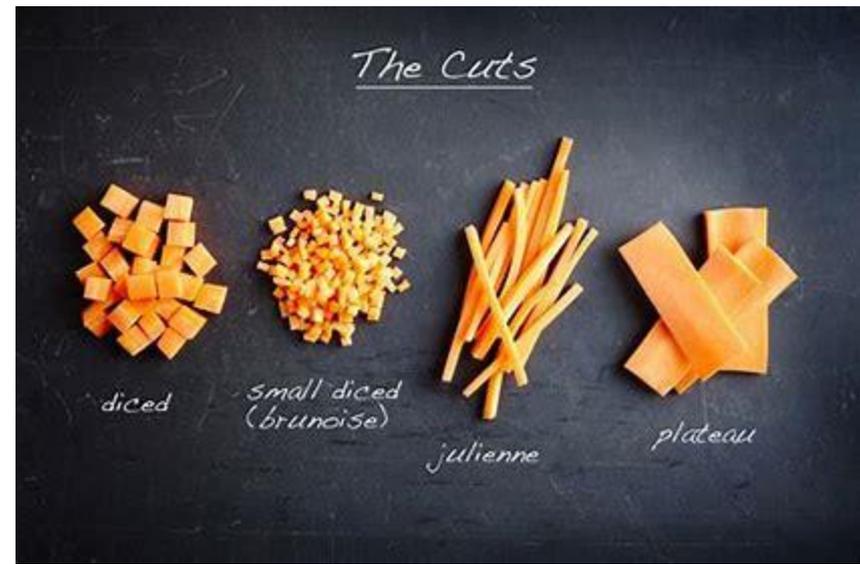
- What nutrients are in the ingredients?
- What else could you serve it with?

Equipment –
measuring jug,
small plastic
bowl. Whisk ,
muffin tray, red
chopping
board, knife
oven gloves



Carrot challenge

- Use the bridge hold and claw grip to cut a range of different examples below.



Prepare yourself - Apron,
Wash hands, Tie hair up!

Prepare your ingredients -

Collect all items needed

Prepare your equipment -

Collect all items needed and
make sure they are clean and
ready to use

Lesson Aim:

to know how to
make shape and
bake oat biscuits

Oaty biscuits



Extra challenge/ Mastery

- Accurate melting skills ✓
- Safe hob skills ✓
- Safe oven skills ✓
- Oats thoroughly coated ✓
- Working together well
- Well shaped biscuits

How do you cook safely at the hob? Oven safety? What is melting ?

Method: MISE EN PLACE – ready to cook!! See above

1. Heat the oven to 180C/160C fan/gas. Line a [baking tray](#) with baking parchment.
2. Sift the flour into a [bowl](#). Mix in the baking powder, porridge oats and sugar.
3. Melt on a LOW heat - the butter, syrup & milk in a small saucepan & stir.
4. Add to the dry ingredients. Mix until the liquid covers all the oat mixture and until well combined. **WASH ALL SAUCEPANS AND RETURN**
5. Spoon onto a baking tray and shape into rounds, leaving space between each biscuit as they will spread whilst cooking.
6. Bake for 10-15 mins, or until golden brown. Leave to cool for 5 mins before removing from tray.

FINAL CLEAN AND CLEAR Get out laptops for **mastery** task

• **Key words vocabulary / skills:**

Weigh. Measure.- Melt. Mix, - stir and combine - Shape - Bake. VIDEO LINK

• **WORKING IN PAIRS**

[Oat biscuits recipe | Good Food](#)

Ingredients: -

- 75g [wholemeal flour](#)
- 1 tsp [baking powder](#)
- 75g [porridge oats](#)
- 50g [caster sugar](#)
- 75g [butter](#)
- 1 tbsp [golden syrup](#)
- 2 tbsp [milk](#)

Equipment

saucepan
wooden
spoon
measuring
spoons,
baking tray

Prepare yourself - Apron,
Wash hands, Tie hair up!

Prepare your ingredients -

Collect all items needed

Prepare your equipment -

Collect all items needed and
make sure they are clean and
ready to use

Lesson Aim: to
learn how to make
an omelet, stir fry
and cook with other
new ingredients -
shellfish



Singapore Noodles

How do you
cook safely at
the hob? Knife
safety? What
is frying?

Equipment

Chopping
board,
vegetable
knife, large
bowl, small
bowl, fork,
small frying
pan, mixing
spoon, fish
slice, plate,
large frying
pan or wok,
colander,
measuring
jug,
measuring
spoons.

Extra challenge/ Mastery

- Accurate melting skills ✓
- Safe hob / frying skills ✓
- Safe oven skills ✓
- Food cooked properly ✓
- Working together well

Key words vocabulary / skills:

Method:

1. Prepare the ingredients: - peel and slice the onion; - deseed and cut the peppers lengthways. If using dried rice noodles, soak them in boiling water for 6-7minutes. Drain well. PERSON 1
2. Beat the eggs in a shallow bowl. PERSON 2
Heat half the oil in a small frying pan, add the beaten eggs and cook until the liquid settles, then flip over to cook the other side.
Place the cooked egg on a plate to cool down, then cut into fine strips.
Wash knife, board and saucepan – put away.
3. Heat the remaining oil in a frying pan. PERSON 1
Add the onion and pepper slices and stir-fry for 5 minutes.
Add the prawns, keep stirring to cook for another 2 minutes.
Bring the pan back to the table.
Add the noodles, then the egg strips, ensure the ingredients mix well.
Add the soy and fish sauces, then the coriander and turmeric.

FINAL CLEAN AND CLEAR

in pairs



Ingredients

- ½ onion
- ½ red pepper
- ½ green pepper
- 140g dried or fresh rice noodles (vermicelli)
- 2 eggs
- 1 x 5ml spoons vegetable oil
- 150g prawns
- 50ml water
- 1 x 15ml spoon reduced salt soy sauce
- 1 x 5ml spoon fish sauce
- 1 x 5ml spoon ground coriander
- 1 x 5ml spoon turmeric

- [How to fold a samosa or a pastille](#)



Prepare yourself - Apron, Wash hands, Tie hair up!

Prepare your ingredients - Collect all items needed

Prepare your equipment - Collect all items needed and make sure they are clean and ready to use

Lesson Aim: to learn how to make a filling, stir fry and shape pastry

Equipment Chopping board, knife, vegetable peeler, 2x saucepans, colander, wooden spoon, small bowl, pastry brush, baking tray.



Samosas

Extra challenge/ Mastery

- Accurate chopping skills ✓
- Safe hob / frying skills ✓
- Safe oven skills ✓
- Food cooked properly ✓
- Working together well
- Neatly assembled samosas

How do you cook **safely** at the hob? Knife **safety**?
What is frying?

Method: IN PAIRS - BOIL kettles before the lesson

- Preheat oven to 200°C or gas mark 6. Prepare the filling:
- peel and finely dice the potato; then boil for 8 mins – chop small enough.
- peel and finely dice the carrot; add to the pan of potatoes.
- peel and finely dice the onion; deseed and finely dice the chilli;
- chop the coriander. **WASH YOUR KNIFE AND PUT IT AWAY**
- Fry the onion in the oil for 4-5 minutes. Add the chilli and spices and cook for a further 1 minute.
- Drain the potatoes and carrots in a colander. Add the potatoes, carrots and water to the onion mixture, fry gently for 5 minutes.
- Add the peas and coriander. Remove from the heat and allow to cool.
- Lay 2-3 sheets of filo pastry on the work surface.
- Cut into 10 cm wide strips. Place 1x15ml spoon of filling in the bottom left-hand corner. Fold over to make a triangle. Repeat this process.
- Place on a baking sheet and repeat the process.
- Lightly spray the samosas with oil, or brush with the fat, and bake for 10 minutes. **FINAL CLEAN AND CLEAR**

Key words

vocabulary / skills:

Weigh. Measure.

- Peel. Dice and chop.
- Boil and simmer.
- Fry. Divide.
- Form and shape.
- Bake.



Ingredients

1/2 potato

1/2 carrot, 1/4 onion
1x15ml spoon fresh coriander, 1/2 red chilli, Spray oil
1x5ml spoon garam masala, 1/2 5ml spoon turmeric
2-3x15ml spoons water, 25g peas (frozen), 2 sheets filo pastry, 25g butter or soft spread

Aim-How to make Frittatas, how to use eggs safely, learning about coagulation .

Skills

- Weigh and measure.
- Cut, chop, slice and trim.
- Grate.
- Whisk.
- Mix and Stir
- Divide
- Bake

Safety

Equipment
Chopping board, knife, grater, I, fork, measuring jug, silicone muffin cases or non-stick muffin tin, oven gloves.

Ingredients

1 Spring onion
25g cheese, e.g. Cheddar, Cheshire
Fresh coriander or chives
2 eggs
1tbsp sweetcorn (canned or frozen) if wanted
25ml milk
Black pepper
Spray oil

Nutrients



Method

1. Pre-heat oven to 200°C or gas mark 6.
2. Prepare the ingredients:
 - top, tail and slice the spring onions;
 - grate the cheese;
 - chop the fresh herbs.
1. Crack the eggs into a bowl and whisk with a fork.
2. Add the milk to the bowl and mix well.
3. Stir in the cheese, fresh herbs and black pepper.
4. Spray the muffin cases or muffin tin lightly with oil.
5. Divide the vegetables equally between the 6 cases.
6. Pour over the egg, milk and cheese mixture.
7. Bake in the oven for 15-20 minutes, until the egg is cooked.

Extra Challenge

How could you change or improve the recipe

1. for a person who likes meat?
- 2 a vegan
3. more flavor vegetables?

Or an adult or for a main meal?

What could you serve with it?

Prepare yourself - Apron, Wash hands, Tie hair up!

Prepare your ingredients - Collect all items needed

Prepare your equipment - Collect all items needed and make sure they are clean and ready to use

Lesson Aim: to learn how to use eggs in different ways and alternative cake ingredients

Equipment Muffin tray, 12 muffin cases, Weighing scales
Chopping board, Vegetable peeler, Sharp knife, Grater
Measuring spoons, Small bowl, Mixing bowl, Mixing spoon
Sieve 2 metal spoons, Fork, Cooling rack

MAKES 4 each big cases

Carrot cakes in pairs

Extra challenge/ Mastery

- Accurate chopping skills ✓
- Safe oven skills ✓
- Food cooked properly ✓
- Working together in pairs
- Divided evenly ✓

Method: MISE EN PLACE – ready to cook!! See above

- Preheat oven to 200°C or gas mark 6.
- Melt the fat in a small saucepan carefully low heat.
- Peel, top and tail, and grate the carrots have your own board each.
- Combine the grated carrots, sugar and melted fat in the mixing bowl. WASH BOARDS AND KNIVES / GRATERS
- Sift in the flour, cinnamon and baking powder.
- Beat the eggs in a small bowl and then add to the mixture.
- Mix in the sultanas.
- Mix all the ingredients together to form a smooth batter.
- Place the muffin cases in the muffin tin. 4 large each
- Divide the mixture equally between the muffin cases using 2 spoons.
- Bake for 20 minutes, until golden.
- Allow to cool on a cooling rack.

FINAL CLEAN AND CLEAR



Key words

vocabulary / skills:

- Weigh. Measure.
- Peel. Dice and chop.
- Boil and simmer.
- Fry. Divide.
- Form and shape.
- Bake.



How do you cook **safely** at the hob? Knife / grater **safety**? How are eggs used ?

Ingredients

150g reduced-fat spread.
2-3 carrots
200g caster sugar,
100g plain white flour
100g plain wholemeal flour
5ml spoon cinnamon
5ml spoon baking powder, 2 eggs
125g sultanas

Prepare yourself - Apron, Wash hands, Tie hair up!

Prepare your ingredients - Collect all items needed

Prepare your equipment - Collect all items needed and make sure they are clean and ready to use

Lesson Aim: to learn how to prepare and marinade chicken safely and make a healthy filling in a pitta bread, revisit use of the grill

Equipment Green and Red Chopping board, Sharp knife , Small bowl, wooden spoon, Frying pan, Grill pan, Tongs



Chicken Gyros

Extra challenge/ Mastery

- Accurate chopping skills ✓
- Safe hob skills ✓
- Food cooked properly ✓
- 75 degrees white all the way through

How do you cook **safely** at the **hob / grill**? **Knife / grater safety**? How do you know the chicken is cooked?

Method: working independently

1. Peel and finely chop the garlic and squeeze the lemon juice into the bowl with a dash of olive oil. Add the herbs and seasoning. Slice your salad.
2. **Deseed and slice your chilli – DO NOT touch your eyes**
3. **Wash your board and knife**
4. Slice your chicken into small pieces and place in the marinade.
5. Wash your board and knife put away .
6. Collect a frying pan with a little oil and fry your meat until its cooked thoroughly. Check its white in the middle.
7. Cut your pitta bread and grill for 2 minutes each side. Tease open with your wooden spoon
8. Add in your chicken filling, wedges and any salad with dip.
9. **FINAL CLEAN AND CLEAR**

•Key words

vocabulary / skills:

Weigh. Measure.

- Peel. Dice and chop and slice.
- Marinating
- Fry.
- Grill
- Assemble



Ingredients

1 chicken portion
Lemon juice wedge
1 Garlic clove 1 Chilli
Olive oil dash
Thyme fresh
Oregano
Paprika
Cayenne pepper
Pitta bread 1 each
Tomato slices
Cucumber slices
Red onion slices
Tzatziki dip
thinly sliced [red onion](#)
[Cooked potato wedges](#)

End of year 8 practicals