



# YEAR 8 RECIPE BOOKLET

## Kings Langley School



### Ingredients

- 250g Strong bread
- flour- plain or wholemeal
- 1/2 tsp sugar
- Pinch of salt
- 1 tablespoon of oil
- 1 sachet 7g of dried yeast
- 150ml Warm water



### Method

1. Turn your oven on to 180c/Gas mark 6 to preheat.
2. Add the flour, yeast, salt and sugar to a mixing bowl and mix.
3. Add 1 tbsp. of oil and pour in 150ml warm water
4. Mix the ingredients together using a palette knife or your hands until it has come together as a dough
5. Knead the dough by stretching it out using the palm of your hand. If the dough gets too sticky then just dust it with some flour. Knead the dough for 5-10 minutes
6. Leave the dough to prove
7. Cut the dough into 6/8 equal sized pieces and then shape them however you want. Put the bread rolls on to a floured baking tray
8. Bake the rolls in the oven for 10-12 minutes until golden brown.



# MINI PIZZA AND PITTA

YEAR 8

## Ingredients

- 250g Strong bread
- flour- plain or wholemeal
- 1/2 tsp sugar
- Pinch of salt
- 1 tablespoon of oil
- 1 sachet 7g of dried yeast
- 150ml Warm water
- **Ingredients for pizzas**
- Grated cheddar cheese
- Tomato passata



## Method

Repeat the bread making method that you learnt in our last lesson:

1. Mix ingredients
2. Add water
3. Make into a dough
4. Knead
5. Prove

Divide the dough into 8 evenly sized pieces

### For the mini pizzas:

Make a ball out of the dough and flatten with your hand. Add passata and grated cheese

### For the pittas:

Roll into a ball and then roll flat using a rolling pin to make an oval shape

Bake for 10-12 minutes until browned.



# MELTING MOMENT BISCUIT

YEAR 8

## Ingredients

- 112g margarine
- 50g caster sugar
- ½ tsp vanilla
- 137g plain flour
- 4 tbsp. jam
- ¼ tsp baking powder



## Method

1. Heat oven to 180°C/Gas 4
2. Cream together the butter and sugar using a wooden spoon
3. Add in the vanilla essence and stir
4. Use a sieve to sift in the baking powder and flour into the mixture
5. Mix together using a wooden spoon to make a dough
6. Divide the dough into 12 balls and place onto a baking tray lined with baking paper
7. Use your thumb to press a dent into the dough and fill with ½ a teaspoon of jam
8. Bake in the oven for 15-20 minutes



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### Ingredients

- 150g butter or soft baking spread
- 250g carrots
- 200g sugar
- 200g self raising flour
- 2 x 5ml cinnamon
- 2 large eggs
- 125g sultanas (optional)



### Method

1. Preheat oven to 200°C or gas mark 6.
2. Place the muffin cases in the muffin tin.
3. Melt the fat in a small saucepan.
4. Combine the grated carrot, sugar and melted fat in the saucepan off the heat.
5. Sift in the flour and cinnamon.
6. Beat the eggs in a small bowl, and then add to the mixture.
7. Mix in the sultanas if using.
8. Mix all the ingredients together to form a smooth batter.
9. Divide the mixture equally between the muffin cases using 2 spoons.
10. Bake for 20 minutes, until golden.
11. Allow to cool on a cooling rack.



# GINGERBREAD

YEAR 8

## Ingredients

- 200g plain flour
- 75g brown sugar
- 50g butter or baking fat/block
- 1 x 15ml spoon golden syrup
- ½ x 5ml spoon bicarbonate of soda
- 1 x 5ml spoon ground ginger
- 1 egg



## Method

1. Preheat the oven to 180°C or gas mark 4. Grease a baking tray.
2. Sift the flour, ginger and bicarbonate of soda into a mixing bowl.
3. Whisk the egg in a small bowl using a fork.
4. Gently melt the fat, syrup and sugar together in a small saucepan. Do not allow to boil.
5. Add the syrup mixture and the beaten egg to the flour.
6. Mix to form a soft dough.
7. Allow the mixture to cool.
8. Roll out the dough to 0.5 cm thick on a floured work surface.
9. Cut into gingerbread shapes and carefully place on the baking tray.
10. Bake for 8-10 minutes. Carefully remove from the tray and allow to cool thoroughly on a cooling rack.





# VEGETABLE CURRY

YEAR 8

## Ingredients

- 1 onion
- 1 clove garlic
- 1 tsp spoon oil
- 2 tsp spoons curry paste
- 100ml water
- 1 large potato
- 200g chopped tomatoes
- 100g chickpeas
- 3 handfuls of fresh spinach (optional)



## Method

1. Prepare the ingredients:

- peel and slice the onion
- peel and crush the garlic
- peel and cube the potatoes
- drain the chickpeas

2. Fry the onion and garlic for 2 minutes in the oil

3. Stir in the curry paste, potatoes and water

4. Add the tomatoes and chickpeas, then allow to simmer for 20 minutes, until the potato is tender

5. Stir in the fresh spinach, and allow to cook for a further 2 minutes

6. Serve



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## Ingredients

- 25g margarine
- 25g flour
- 125ml  $\frac{1}{4}$  pint milk
- Grated Cheese
- 100g macaroni pasta



## Method

1. Pour water in a saucepan and heat up ready to cook your pasta
2. Tip the macaroni pasta into the boiling water and cook for 10 minutes
3. Drain the pasta and keep to one side
4. In a saucepan pour 25g flour
5. Add in a bit of milk and mix with a whisk until it forms a paste
6. Slowly add in the milk bit by bit and whisk so that there are no lumps, then add 25g margarine
7. Heat the mixture and whisk at the same time until it has thickened
8. Add in  $\frac{3}{4}$  of the grated cheese and whisk
9. Add in the cooked pasta and mix with a wooden spoon
10. Pour into metal tray and sprinkle with the remaining grated cheese
11. Bake in the oven until the cheese on top has melted

