



YEAR 9 RECIPE BOOKLET

Kings Langley School



JAM TARTS

YEAR 9

Ingredients

Pastry

- 100g plain flour
- 25g hard block margarine
- 25g lard
- 8-10 tsp of cold water

Filling

- Jams



Method

1. Turn oven on to 190/Gas mark 5
2. Put flour into a mixing bowl
3. Rub in the fat with your fingertips until like breadcrumbs
4. Add 8tsp cold water and mix to a stiff dough
5. Roll out onto a lightly floured surface
6. Cut using the round pastry cutter and place into the baking tin gently
7. Spoon 1 tsp jam into each jam tart. Top with a pastry shape if you want
8. Place on baking tray
9. Cook in the oven for 15 minutes



Ingredients

- 100g caster sugar
- 100g soft margarine
- 2 eggs
- 100g self raising flour
- 1 x 5ml spoon baking powder
- Fruit of your choice- 4 slices of pineapple, 4-5 pear halves, 1 eating apple
- 4 Glace cherries- optional
- 2 tablespoons of golden syrup



Method

1. Preheat oven to gas mark 5 180
2. Add the flour, sugar and margarine to the large glass bowl
3. Crack the eggs into the glass bowl
4. Use the electric whisk to mixture the mixture until there are no lumps
5. Spread the golden syrup on the base of the tin
6. Arrange the fruit and cherries
7. Spread the mixture over the fruit
8. Bake for 20 minutes until golden brown and sponge springs back to the touch (40 minutes for deep tins)



SWISS ROLL

YEAR 9

Ingredients

3 free-range eggs

75g golden caster sugar

75g self-raising flour

For the filling

75g raspberry jam



Method

1. Preheat the oven to 200C/Gas 6. Grease and line a 23cm x 30cm/9in x 12in Swiss roll tin.
2. Whisk the eggs and sugar in a bowl till pale and fluffy.
3. Fold in the flour carefully
4. Pour the mix into the tin. Bake in the oven for 7-10 minutes or until light and springy to the touch.
5. Remove it from the oven and turn the sponge out onto another piece of greaseproof paper sprinkled with a little caster sugar.
6. For the filling, spread the jam onto the sponge
7. Make a slight indent at one end of the sponge and carefully roll using the greaseproof paper to help you
8. Dust with the icing sugar and serve!



SAVOURY TART/ QUICHE

Ingredients

Short crust pastry

- 100g plain flour
- 50g butter or baking fat/block
- 4 teaspoons cold water

Filling

- 2 eggs, large
- 125ml semi-skimmed milk
- 50g reduced fat cheddar cheese
- ¼ red onion

Method

1. Preheat the oven to 170°C or gas mark 4.
2. Make up the shortcrust pastry:
sift the flour into a bowl;
cut the baking fat into cubes and add to the flour;
rub the fat into the flour until the mixture resembles breadcrumbs;
add the water a spoonful at a time and mix until the dough comes together.
3. Roll out the pastry, on a flowered surface, and line the flan ring/sandwich tin.
4. Prick the bottom of the pastry with a fork.
5. Place the bacon/mushrooms around the pastry base.
7. Grate the cheese and whisk with the eggs and milk.
8. Pour the egg mixture over the pastry base.
9. Slice the tomatoes and place on top.
10. Bake for 25-30 minutes, until golden brown and firm.



PIZZA WHEELS

YEAR 9

Ingredients

- 250g strong bread flour
- 1 tsp sugar
- Pinch of salt
- 1 sachet of yeast
- 175ml warm water
- 2 tbsp. tomato passata
- 50g grated cheddar cheese

Method

1. Pre-heat the oven to 200°C/gas mark 6.
2. Mix your flour, salt, sugar and yeast together
3. Add 175ml warm water and mix until a dough is formed
4. Knead the dough until smooth and no longer sticky (about 5 minutes)
5. Flour the desk and then roll out the dough into a rectangle using a rolling pin
6. Using a spoon, spread the tomato passata onto the dough evenly
7. Sprinkle the cheese and dried herbs on top of the dough
8. Roll up the dough and then wet the end of the dough to stick it so it does not unravel
9. Pinch the ends of the dough so that the cheese and tomato does not leak out
10. Cut the dough into 6 sections and place on greaseproof paper on a baking tray
11. Let the wheels prove for 15-20 minutes
12. Bake in the oven for 15 minutes until browned



KINGS LANGLEY SCHOOL
Unlocking potential for life

BANANA MUFFINS

YEAR 9

Ingredients

- 115g butter or soft baking spread
- 2 medium eggs
- 225g self-raising flour
- 1 x tsp baking powder
- 1 x tsp ground cinnamon
- 85g caster sugar
- 2 medium ripe bananas
- 175ml semi-skimmed milk



Method

1. Pre-heat the oven to 200°C/gas mark 6.
2. Melt the fat gently in a saucepan
3. Mash the bananas together until smooth then stir into the mixing bowl with the melted fat.
4. Pour 175ml of milk into a measuring jug and beat in the eggs
5. Add the milk and beaten eggs to the bowl and stir until just mixed together. Do not over mix as this will make the muffins 'heavy'.
6. Line a 12-hole large muffin tray with paper muffin cases. Divide the mixture between the cases.
7. Cook them in the preheated oven for 20–25 minutes or until well risen and firm to the touch.
8. Remove the tray from the oven and leave the muffins to cool in the tray for at least 5 minutes. Then transfer the muffins to a cooling rack to cool completely.



LASAGNE

YEAR 9

Ingredients

- 2 lasagne sheets
- 75g lean beef mince/quorn
- ½ onion
- 1 large mushroom
- 200g chopped tomatoes
- 50ml water
- 10g flour
- 10g soft margarine
- 175ml milk
- 30g grated cheese



Method

1. Preheat the oven to 190°C or gas mark 5.
2. Prepare the vegetables:
peel and chop the onion;
peel and slice the mushroom
3. Fry the onion, garlic and mushroom in the oil.
4. Add the meat and cook until the mince is lightly browned.
5. Add the tomatoes, mixed herbs and water and mix all the ingredients together.
6. Bring to the boil, then simmer for 20 minutes.
7. While the meat is cooking, make the sauce:
 - place the butter or soft spread, flour and milk into a small saucepan;
 - bring the sauce to a simmer, whisking it all the time until it has thickened;
 - Take off the heat
8. In an ovenproof foil tray, spread some meat mixture in the bottom, cover with lasagne sheets and a little cheese sauce. Repeat this, finishing with the sauce on top.
9. Sprinkle the grated cheese on top and bake for 20 minutes.

