



HEART OF ENGLAND
Creating Futures



Year 8 Food + Nutrition: Food Technical Skills Book 2022-23

Name:.....

Teacher:.....



Technical Skills:

1. General practical skills
2. Knife skills
3. Preparing fruit and vegetables
4. Use of the cooker
5. Use of equipment
6. Cooking methods
7. Preparing, combining and shaping
8. Sauce-making
9. Tenderising and marinating
10. Dough
11. Raising agents
12. Setting mixtures

Always remember your named container to take your product home in.

**Please adapt the recipes to suit your families' needs.
Small amounts of herbs, oil etc. will be available in school.**

Please share ingredients with your friends.

Lost book?

Check the school website for the e-version:

- [Academic/Design and Technology/Recipe Books/2022-23 Year 8 Food Technical Skills Book](#)
- L drive/food/foodtechnicalskills/yr 8 (*only from inside school*)



Personal Safety for the Food Rooms

1. Think safety of yourself and others. - Always follow the safety instructions given and use the equipment as taught.
2. Always tie long hair up and tuck ties in.
3. Tie up your apron.
4. Please don't run.
5. Stack the stools logically and sensibly.
6. Be Knife aware – carry them with the blade pointing to the ground and never leave them in the washing up bowl.
7. Use a wooden triangle for hot trays and pans.
8. Always use oven gloves to put things in and take things out of the oven.
9. Inform staff of any spillages.
10. Never mix electricity with wet hands.
11. Turn hobs and ovens off after use. – remember the grill as well.

Food Safety for the Food Rooms

1. Always put only protein foods in the blast chillers before school starts (Room open from 8.30am).
2. Always wear an apron, remove jewellery and tie up long hair.
3. **Wash hands with soap and water, dry with a paper towel before you start the practical work.**
4. Use separate chopping boards for raw and cooked food.
5. Licking fingers during food preparation should not happen.
6. Do not sneeze or cough over food.
7. Use a clean tea towel to dry equipment.
8. Make sure your food is cooked properly and to a hot enough temperature.
9. Always wipe down the tables with a damp dishcloth after use.
10. Put protein based food in the Blast chiller after cooking – or on the trolley for staff to do this.



Microwave Sponge Pudding (Creaming Method)

d.o.p:

Technical skill:1, 5, 11

Ingredients	Equipment
2 eggs	Tablespoon
125g self raising flour	Large bowl
125g caster sugar	Wooden spoon or hand mixer
125g butter	Spatula
2 Tbsp jam	Sharp knife

**NAMED 2 PINT MICROWAVABLE
PLASTIC BOWL**

Method

1. Lightly grease your plastic microwave bowl, and put jam onto the base of your bowl
2. Place sugar and butter into a large mixing bowl, and beat till pale and fluffy with a wooden spoon or hand mixer
3. Beat in eggs one at a time
4. Fold in flour with tablespoon
5. Put the mixture into the microwave bowl on top of the jam, and spread out using the spatula
6. Cover bowl with cling-film, and pierce holes in it
7. Microwave for 4 minutes until risen and springs back to the touch



Coleslaw

d.o.p:

Technical skills: 1, 2, 3, 5, 7

Ingredients	Other Optional Flavourings	Equipment
½ Small white cabbage	Sweetcorn	Chopping board
1 or 2 medium carrots	Cubes of cheese	Sharp knife
1 small onion	Sultanas	Vegetable peeler
Mayonnaise and/or Salad Cream (about 2-3 Tbsp)	Raisins	Large bowl
	Chopped apricots	Tablespoon
	Cubes of ham	Food processor
	Dices of red or green pepper	Newspaper/tin plate

**NAMED CONTAINER
WITH LID**

Method

1. Top and tail the carrots, peel them and put all the rubbish onto the newspaper/plate
2. Remove outer leaves from cabbage. Cut into pieces that can fit down the feed tube of the food-processor
3. Cut off the 'pointy' end of the onion and peel off the brown skin. Cut off the root of the onion last
4. Set the blade on the food processor to grate the carrots
5. Set the blade on the food processor to slice the cabbage and onion
6. Tip all of the prepared vegetables into a large bowl and add the mayonnaise and/or salad cream
7. Add any other additional flavourings and the salt and pepper. Mix up all of the coleslaw ingredients with a tablespoon



Savoury Scones

d.o.p:

Technical skills: 1, 3, 4, 5, 7, 10, 11

Ingredients	Equipment
200g Self-raising flour	Large bowl
50g block margarine	Baking tray
100g grated cheese (flavouring)	Knife
125ml milk	Jug
Optional - 1 Tbsp pesto sauce	Cutters
4 sun dried tomatoes	Palette knife
	Flour dredger
NAMED CONTAINER	Triangle pan stand

Method

1. Pre-heat oven Gas 7/ Electric 220°C
2. Flour a baking tray
3. Place Self-raising flour and block margarine into large bowl
4. Cut fat up into small pieces and then rub in until like breadcrumbs
5. Add flavourings – grated cheese, and optional extras
6. Gradually add milk to form a soft not sticky dough, using a palette knife (No dry ingredients should be left at the bottom of the bowl)
7. Pat out gently onto a lightly floured surface, so the mixture is about 2-3 cm deep
8. Cut out scones using a plain cutter. Lightly knead trimmings together. Pat out and recut again. Place onto baking tray
9. a) If making cheese scones put a little grated cheese on top
10. b) Brush the other scones with milk on top
11. Bake in the oven for approximately 12 minutes. They should be golden brown and risen when cooked



Couscous salad

d.o.p:

Technical skills: 1, 2, 4, 6

Ingredients	Equipment
1 vegetable stock cube	Kettle
100g couscous	Large bowl
1 medium tomato	Scissors
1 spring onion	jug
½ yellow pepper, sweetcorn or peas	Chopping board
4 dried fruit e.g. apricots, raisins	Fork
Small bunch parsley	Sharp knife
2 x Tbsp dressing e.g. French dressing or mayonnaise	Tin plate
175ml boiling water	
NAMED CONTAINER WITH LID	

Method

1. Crumble the stock cube into the jug, add 175ml of boiling water and stir
2. Put the couscous into a large bowl, pour over the stock
3. Stir with a fork, cover with a plate and leave to stand for 5 minutes
4. Chop the tomato and cucumber into small chunks
5. Slice the pepper into small strips
6. Slice the apricots and parsley into small pieces
7. Fluff the couscous with a fork and then add all the vegetables, snip the spring onions into the bowl with scissors
8. Stir everything together
9. Add the dressing



Muffins

d.o.p:

Technical skills: 1, 4, 5, 7, 11

Ingredients	Equipment
275g self-raising flour	Muffin tin filled with muffin cases
1 tsp baking powder	Large bowl
75g caster sugar	Measuring jug
2 eggs	Bowl scraper
225ml milk	Plastic/wooden spoon
110ml vegetable oil	Fork
100g of "healthy additions"	Teaspoon
12 MUFFIN CASES	
NAMED CONTAINER LARGE ENOUGH TO FIT 12 MUFFINS	Triangle pan stand

Method

1. Put oven on Electric 200°C / Gas 5. Put muffin cases into a muffin tin
2. Put flour into a large bowl, add baking powder and sugar
3. Put milk, and eggs into a jug and beat with a fork
4. Add oil to jug and stir
5. Add the liquid to the flour all at once in the large bowl
6. Add flavourings/healthy additions then pour mixture into the jug
7. Fill the muffin cases $\frac{3}{4}$ full and cook until golden brown and springy to touch-20 mins
8. Lift onto a pan stand.
9. Wash up



Lemon Cheesecake

d.o.p:

Technical skills: 1, 2, 3, 5, 7

Ingredients	Equipment
150g digestive biscuits	Food Processor
75g butter or margarine	Wooden/plastic spoon
200g full fat cream cheese	Electric whisk
125ml double or whipping cream	Zester
50g caster sugar	Juicer
1 lemon	Spatula
	Sharp knife
	Large mixing bowl
	Chopping board
NAMED FLAN DISH OR CAKE TIN 8" PLUS FOIL TO COVER	

Method

1. Grease cake tin/flan dish
2. Melt margarine in large bowl for 30 seconds on high, in microwave
3. Make biscuit crumbs using the food processor
4. Mix crumbs and melted margarine together, place in the bottom of the flan dish and chill
5. Zest or grate the yellow pith off the lemon
6. Cut the lemon in half and juice with the juicer
7. Put the cream cheese, sugar and lemon juice into a large bowl. Mix until smooth
8. Pour over your crumbs in your flan dish, spread out until level
9. Whip cream in clean large mixing bowl till thickened
10. Place over crumbs in your flan dish, spread out until level
11. Chill in the blast chiller



Macaroni Cheese

d.o.p:

Technical skills: 1, 4, 6, 7, 8,10, 12

Ingredients	Equipment
100g macaroni or pasta shapes	Colander
100g cheddar cheese	Saucepan and lid
375ml milk	Whisk
25g plain flour	Tablespoon
25g margarine	Grater
Salt, pepper, pinch of mustard	Plate
Parsley to garnish (optional)	Wooden pan stand
NAMED CONTAINER AND OVENPROOF DISH	

Method

1. Cook the macaroni in a large pan of boiling water for about 10 minutes until tender
2. Grate the cheese
3. Make the cheese sauce: put the milk, flour, margarine, salt, pepper and mustard into a saucepan. Bring to the boil whisking all the time. Take off the heat onto a wooden pan stand. Stir in most of the grated cheese, saving a little for the top
4. Drain the macaroni, put into an ovenproof dish with the cheese sauce
5. Put the remaining cheese on top and grill until golden brown
6. Garnish with a sprig of parsley



Cookies

d.o.p:

Technical skills: 1, 4, 5, 7, 10

Ingredients	Equipment
250g Plain Flour	Large glass bowl
75g Caster sugar	Baking tray
175g Butter	Knife
	Flour dredger
	Food Processor
	Wooden triangle
NAMED CONTAINER	

Method

1. Put oven on to Electric 160°C / Gas 3
2. Flour a baking tray
3. Mix flour and sugar in a bowl OR Place flour sugar and butter into a food Processor to mix together
4. Rub in the butter
5. Knead well to form a smooth paste
6. Lightly flour your work surface
7. Roll cookie mixture into a long roll
8. Cut into 1cm lengths, and place onto your baking tray
9. Bake for 20-25 minutes until pale and golden



Burgers

d.o.p:

Technical skills: 1, 3, 4, 5, 7

Ingredients	Equipment
225g of minced meat	Food processor
3 teaspoons dry porridge oats	Sharp knife
1 small onion	Newspaper or tin plate for rubbish
1 small egg	Baking tray
1 teaspoon dried mixed herbs	Chopping board
	Large mixing bowl
	Triangle pan stand
NAMED CONTAINER	

Method

1. Heat oven to Electric 200°C / Gas 6
2. Peel onion and finely chop in the food processor
3. Add minced meat, porridge oats, egg, crack in a small bowl and mixed herbs and mix thoroughly together for about 30 seconds
4. Carefully remove the blade from the bowl
5. Using a $\frac{1}{4}$ of the mixture each time shape into four burgers
6. Place onto the baking tray lined with baking parchment, and bake for 20 minutes



Bolognaise Sauce

d.o.p:

Technical skills: 1, 2, 3, 4, 7, 8

Ingredients	Equipment
250g minced beef or vegetarian mince	Vegetable knife
1 onion	Garlic crusher
100g mushrooms	Saucepan and lid
1 clove garlic	Wooden spatula
1 red pepper	Can opener
2 Tbsp oil	Newspaper/tin plate
1 400g Tin chopped tomatoes	Triangle pan stand
1 stock cube	
salt, pepper	
mixed herbs to season	
NAMED CONTAINER	

Method

1. Peel and chop the onion and pepper. Wash and slice the mushrooms
2. Heat the oil in a large pan. Fry the onions, pepper and mushrooms for 5 minutes. Then add the mince and cook gently until it is brown
3. Stir in the tomatoes and the crumbled stock cube, adding water if it is necessary, add salt, pepper and herbs to taste
4. Bring to the boil and simmer very gently for 30 minutes or more stirring occasionally



Derbyshire Flapjacks

d.o.p:

Technical skills: 1, 4, 7, 11

Ingredients	Equipment
150g block margarine plus extra to grease	Large mixing bowl
110g sugar	Wooden/plastic spoon
15ml (1 tbsp) golden syrup	Tablespoon
150g Self-raising flour	Teaspoon
50g desiccated coconut	Potato masher
150g porridge oats	Triangle pan stand
½ tsp bicarbonate of soda	Swiss roll tin
½ tsp vanilla essence(optional)	
NAMED CONTAINER	

Method

1. Put ovens on Electric 180°C / Gas 5
2. Grease tin or line with baking parchment
3. In a large mixing bowl put margarine, sugar and syrup
4. Melt together in microwave for 1 minute
5. Stir in all the other ingredients and mix thoroughly
6. Tip out all of mixture into tin and spread out evenly
7. Cover potato masher with cling film and use to press mixture into tin
8. Bake until golden brown approx. 20 minutes until lightly firm to the touch



Pancake batter

d.o.p:

Technical skills: 1, 4, 5, 6, 7, 12

Ingredients	Equipment
100g plain flour	Small bowl
1 egg	Large bowl
300ml milk	Whisk
Salt	Frying pan
2 Tbsp oil or an oil spray	Black spatula
	Jug
	Triangle pan stand
NAMED CONTAINER	

Method

1. Place flour into mixing bowl and crack egg into middle of the flour
2. Gradually whisk the egg and draw flour into it, slowly add the milk in to give a smooth lump free batter
3. Pour the batter into jug ready to use for pancakes
4. Pour or spray a little oil into pancake pan
5. Swirl in a little batter – enough to cover the bottom of the pan but not to leave a thick layer. Cook over a medium heat until the surface is no longer wet then using the spatula loosen and turn the pancake to finish cooking the other side until that side is golden brown.



Savoury Rice

d.o.p:

Technical skills: 1, 2, 4, 6, 7

Ingredients	Equipment
150g long grain rice	Chopping board
3 Mushrooms	jug
½ Red pepper	Newspaper or tin plate
1 tomato for garnish(optional)	Deep- sided frying pan
1 onion	Wooden spatula
1 stock cube	Knife
550ml water	Triangle pan stand
50g peas	
10ml curry powder(optional)	
NAMED CONTAINER	

Method

1. Peel and chop the onion, slice the mushroom and dice the pepper
2. Fry the onion until soft
3. Add the mushrooms and red pepper and cook for 2 minutes
4. Stir in the rice
5. Crumble the stock cube into a jug and pour in the boiling water
6. Add to the pan with the curry powder and peas
7. Simmer gently for 15 minutes until rice is tender.
8. Put into dish and sprinkle chopped tomato on top



Cheese and potato pie

d.o.p:

Technical skills: 1, 2, 3, 4, 6, 7

Ingredients	Equipment
200g white potatoes	Chopping board
100g cheese	Tablespoon
2 Tbsp milk	Knife
25g margarine	Saucepan
	Colander
	Potato masher
	Triangle pan stand
HEATPROOF DISH	
NAMED CONTAINER	

Method

1. Boil water
2. Wash, peel and cut potatoes into even sized pieces
3. Grate cheese
4. Boil potatoes until tender
5. Strain potatoes. Add seasoning, margarine, milk and then mash
6. Add cheese and mash until melted
7. Place in oven-proof dish
8. Cook at home