



Atlantic Academy Portland

an Aspirations Academy

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Dear Parent/Carer

Re: Year 8 Food Technology

Your child will be studying Food Technology for this unit and will be required to bring ingredients and a container for their practical sessions.

Please use the accompanied recipe book to ensure your child brings the required ingredients for the following sessions

- Lesson 5 Pepparkakor
- Lesson 8 Pasta Bake
- Lesson 11 Savoury Scones
- Lesson 14 Pizza Dough
- Lesson 15 Pizza Sauce
- Lesson 16 Pizza Assemble

Please note, although your child will be kept informed/reminded of the specific dates these lessons will take place, it is ultimately their responsibility to ensure they bring all the required ingredients for each practical session.

I do hope you enjoy their gastronomic delicacies!

Yours faithfully

Mr O'Regan
DT Lead Practitioner Atlantic Academy



ASPIRATIONS
The Aspirations Academies Trust
Company Registration Number: 07867577
Chief Executive: Steve Kenning

Atlantic Academy

Year 8 Recipe Book



Pepparkakor



Ingredients

Serves: 1 (one tray of 9 per student)

- 63g butter
- 75g caster sugar
- 1 egg (between four)
- 1 teaspoon golden syrup
- 1 large orange
- 125g plain flour
- 1/2 teaspoon bicarbonate of soda
- 1/2 teaspoons ground cinnamon
- 1/2 teaspoons ground ginger
- 1/2 teaspoons ground cloves

Method

- Preheat oven to 200 C / Gas mark 6. Line baking trays with parchment.
- In a large bowl, cream the butter and sugar. Stir in egg, golden syrup, orange juice and orange zest. Sift together flour, bicarbonate of soda, cinnamon, ginger and cloves; stir into the creamed mixture until combined.
- Roll dough out to .25cm thickness, and cut into shapes with biscuit cutters. Place on baking trays and bake for 8 to 10 minutes in the preheated oven. Cool biscuits on wire racks.

Pasta Bake

Ingredients

1 tbsp Worcestershire sauce
1 tbsp Lemon Juice
25g Hard Margarine
250g Plain flour
250ml Milk
1-2 tbsp Tomato Puree
150g of cooked pasta (penne, farfalle etc.)
Approx 150g of a cooked protein (e.g. a tin of tuna/four slices of ham).
150g grated cheese e.g. cheddar
Two types of vegetables, ready prepared (e.g. a diced onion and ½ tin sweet corn).



An oven-proof dish measuring approx 25x25x5 cm.

A carrier bag

A piece of tin foil to cover

Method

1. Mix pasta, vegetables, protein, lemon juice, Worcestershire sauce and tomato puree in a large bowl.
2. In pairs, place 500ml milk, 50g of flour and 50g margarine in a saucepan. Place on the hob on a medium heat and WHISK CONTINUOUSLY until the sauce has thickened.
3. Add half of your grated cheese to the sauce and stir until it has melted. Turn the heat off and remove the sauce from the heat, on a pan stand where necessary.
4. Place your pasta mix in the oven dish and pour the sauce over it.
5. Place the remaining cheese on top.

Cooking Instructions

Preheat oven to 170 degrees and bake for 35 minutes

Savoury Scones

Ingredients

200g SR Flour

1 tsp Baking powder

50g Hard margarine

1 egg

50 ml milk

50g additional savoury ingredients. Any combination of ham, cheese, spring onion, sun dried tomatoes, tuna, sweetcorn etc.



Method

1. Preheat the oven Gas 6/ 200°C and lightly grease a baking tray or line it with a piece of baking parchment.
2. Sieve the flour and baking powder into a bowl. Cut margarine into small pieces, using a knife and then rub it into the mixture until it resembles fine breadcrumbs.
3. Using the knife, stir in the additional ingredients, beaten egg and enough milk to form a soft but not sticky dough. **THERE SHOULD BE SOME MILK/EGG MIX LEFT TO USE TO GLAZE THE SCONES.**
4. Turn the dough out onto a floured surface and gently knead it to remove any cracks.
5. **Gently** roll to around 15mm thick.
6. Cut out shapes, brush with the leftover milk/egg mix
7. Place the scones on the baking tray and cook in the oven for about 10 minutes, until golden brown and risen.

Pizza

From scratch, over **3 consecutive lessons.**

Lesson 1. Make dough for pizza

Ingredients

200g strong plain flour

50g strong wholemeal flour

1 tsp salt

1 tsp sugar

1 yeast sachet



1. Put 200g strong plain flour, 50g strong wholemeal flour, 1 tsp salt, 1 tsp sugar and yeast sachet into a large bowl
2. Add 1 tbsp oil and enough of the water (200ml warm water) to make a soft dough
3. Put the dough on a floured surface and knead until soft and elastic.
4. Put in bag, label and freeze.

Pizza

Lesson 2. Make sauce for pizza

Ingredients

1 onion
1 clove of garlic
3-4 cherry tomatoes
vegetable stock cube
1 tbsp tomato puree
1 tsp dried mixed herbs

A 500ml **empty** yoghurt pot and lid to this lesson.

Method

1. Finely dice 1 onion and 1 clove of garlic
2. Sweat the above gently in a covered pan until soft
3. Stir in cherry tomatoes, tomato purée, dried herbs and 150ml cold water.
Bring to the boil and sprinkle in the crushed vegetable stock cube.
4. Reduce heat and simmer until thickened
5. Remove from heat. When cooled place in labelled container/pot.



Pizza

Lesson 3. Pizza Assembly

Ingredients

100g mozzarella cheese

Approx. 100g of an additional form of cooked protein (eg 2 slices of ham)

Approx. 100g of two types of vegetables, ready prepared (eg a handful of chopped mushrooms and half a tin of sweetcorn)

A shallow baking tray or sheet.

Method

1. Wash hands, aprons on, turn on the oven to 200 degrees.
2. Using a dredger, flour your work surface
3. Roll out your dough to the size of your baking tin
4. Lightly grease your baking tin and place your dough on it.
5. Spread a thin layer of sauce onto the dough
6. Add the rest of your toppings
7. Place your pizza in the oven for about 10 minutes
8. Tidy up!

