

LEWES OLD GRAMMAR SCHOOL

YEAR 8

SPRING TERM 2018

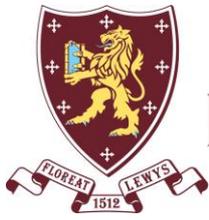
H.E. RECIPES



Please note – **any text in green means that we will provide that ingredient.**

Any text in red is a reminder of what container/cooking vessel your son/daughter will need to bring in.

All ingredients in black text are what your son/daughter will need to buy and bring in to the HE lessons. **Please could you encourage your son/daughter to only bring in the quantities required for the recipe. Also we are happy for you to increase/decrease the portion size, add/takeaway ingredients to suit the needs of your family.**



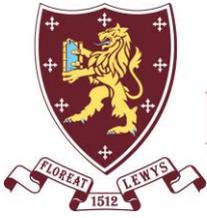
LEWES OLD GRAMMAR SCHOOL

Year 8



WORLD FOOD

Cuisine	YEAR 7	YEAR 8	YEAR 9
BRITAIN	Vegetable Stew with herby cobbler	Shepherd's Pie	Scotch Eggs and Pineapple Upside-Down Pudding
			Treacle Tart and homemade custard
ITALY	Pizza Margherita	Italian sausage meatball and macaroni bake	Lasagne
			Cannelloni and focaccia
FRANCE	Tarte Tartin	Baked Camembert with breadsticks	French Onion Soup and Creme Brûlée
			Profiteroles
CHINA	Spring Rolls	Chow Mein	Crispy Chilli Beef and Egg Fried Rice
			Lemon Chicken
MEXICO	Homemade Tacos with guacamole and tomato salsa	Mexican Bean Burgers	Chilli Con Carne and Mexican potatoes
			Mexican Bean Soup
CARIBBEAN	Caribbean patties	Fruity Caribbean curry	Jerk chicken with rice and peas
			Pineapple and Coconut Cheesecake



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Lesson 1 BRITAIN SHEPHERD'S PIE



- 1 tbsp olive oil
- 500g pack minced lamb or Quorn mince
- 3tbsp Moroccan spice mix (we used Schwartz's)
- 400g can chopped tomato with garlic and onion
- 1 onion
- Potatoes (enough to cover your ovenproof dish)

OVENPROOF DISH

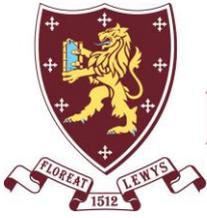
Method

Half fill a large saucepan with water. Put it on to no.6.

Peel and finely slice your potatoes. Place them into the pan of water to boil. Peel and slice your onion.

Heat 1 tbsp olive oil in a large non-stick frying pan, then fry the onion for 5 minutes before adding the lamb/Quorn and half the spice mix over a high heat for 8 mins until browned. Tip in the tomatoes, then season and simmer for 20 mins until thick. Meanwhile, crush the potatoes with the remaining oil and spice mix.

Heat the grill to high. Tip the hot sauce into a gratin dish and scatter with the potatoes. The pie can now be cooled and frozen for up to a month. Bake for 20 mins until the potatoes are crispy and golden.



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Lesson 2

ITALY

ITALIAN SAUSAGE MEATBALL AND MACARONI BAKE



- 150ml olive oil
- 2 large onions, finely diced
- 2 garlic cloves, crushed
- 100g fresh breadcrumb
- 1 pack sausages (about 8) meat or vegetarian
- Good handful chopped parsley
- 1 x 400g can chopped tomatoes
- 500g pack macaroni

For the white sauce

- 1 tub crème fraiche
- 100g grated cheese, such as mature cheddar or gruyere

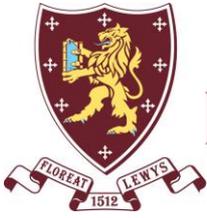
An ovenproof dish

Method

Heat oven to 200C/180C fan/gas 6 and boil the macaroni according to pack instructions. Drain well, then tip into the largest ovenproof dish you have.

Heat the oil in a large, heavy-based casserole or frying pan, then add the onions and garlic and a real good grind of black pepper and salt. Cook slowly and gently until the onions are soft but not coloured. Add them to the macaroni in your dish.

Remove the sausage meat from the skins. Mix the sausage meat, chopped parsley and lots of salt and pepper into the breadcrumbs. Mix really well with your hands until the whole thing becomes combined. Shape into balls and bake for 10 minutes on a baking tray. Tip them into the dish and mix everything together. Add your tin of tomatoes to the dish too and stir through. Open your crème fraiche and grate half your cheese into it. Stir. Tip this over your macaroni mixture and spread it out. Grate the remaining cheese over the top. Cling film and cool.



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Lesson 3

FRANCE

BAKED CAMEMBERT WITH HOMEMADE BREADSTICKS



- 250g Camembert, or Brie or other similar cheese
- 1 tbsp dry white wine
- 2 sprigs of fresh rosemary
- 3 garlic cloves
- 150g bread mix

A container to take it home in

Method

Make the breadsticks using the bread mix instructions. Leave to prove.

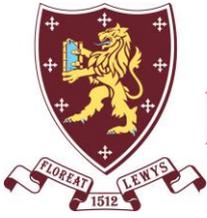
Heat oven to 200C/180C fan/gas 6.

Unwrap the cheese from its packaging, then place back into its box. Tie string around the box to secure.

Slash the cheese a few times and plug with wine, rosemary sprigs and the sliced garlic.

Wrap in tin foil.

Bake on a baking tray for 20 mins with the breadsticks.



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Lesson 4 CHINA CHOW MEIN



For the sauce

- **Thumb-size piece of fresh root ginger**
- **2 garlic cloves**
- **3 tbsp tomato ketchup**
- **2 tbsp oyster sauce**
- **2 tbsp reduced-salt soy sauce**

For the noodles

- **1 large red onion**
- **5 spring onions**
- **Half 400g bag beansprouts**
- **1 small cooked chicken breast or prawns (optional)**
- **3 nests medium egg noddles**
- **1 tbsp sunflower oil**

A container to take them home in

Method

Put a pan of water on to boil.

Use the back of a teaspoon to remove the skin from the ginger. Discard skin, then carefully grate 1 tbsp from the root. Put in a bowl, crush in the garlic, and add the ketchup, oyster sauce, soy sauce and 3 tbsp water. Stir.

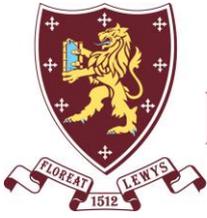
Use a sharp knife to cut the pepper into quarters on a board. Remove the seeds and stalk, then slice diagonally into strips. Cut the ends from the spring onions, and cut the green and white of the onion lengthways. Open the bag of beansprouts. Cut the chicken into bite-size pieces.

When the water is boiling, drop in the noodles, turn off the heat and set the timer to 4 minutes. When the time is up, drain in a colander or a large sieve in the sink. Ask an adult to help you.

With everything prepared, you can now start cooking. Heat the wok – it's hot enough when it starts to smoke. Add the oil and chicken. Use a wooden spoon to keep moving the chicken around the wok until it is half white, half pink. Add the pepper and stir-fry for a further 1 min.

Pour the sauce into the wok and stir well until bubbling.

Add the noodles, beansprouts and spring onions a handful at a time, then toss into the sauce until it is well coated, stirring constantly until the beansprouts wilt. Serve in bowls – an easy way is to use tongs



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Lesson 5

MEXICO

MEXICAN BEAN BURGERS



- 2 x 400g / 14oz cans kidney beans, rinsed and drained
- 100g breadcrumbs
- 2tsp mild chilli powder
- Small bunch coriander, stalks and leaves chopped
- 1 egg
- 1 garlic clove
- 1 pack of fresh tomatoes
- 150ml low-fat natural yoghurt
- Juice ½ lime

Containers to bring them home in

AT HOME - Wholemeal burger buns, sliced avocado, sliced red onion and salad leaves, to serve

Method

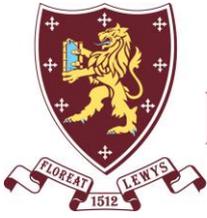
Heat oven to 180 degrees.

Rinse the beans under cold water in a sieve. Tip the beans into a large bowl, then roughly crush with a potato masher. Add the breadcrumbs, chilli powder, coriander stalks and ½ the leaves, egg and 2 tbsp salsa, season to taste, then mix together well with a fork.

Divide the mixture into 6, then wet your hands and shape into burgers. The burgers can now be frozen. Place on a non-stick baking tray, then bake for 4-5 mins on each side until golden and crisp.

While the burgers are cooking, mix the remaining coriander leaves with the yogurt, lime juice and a good grind of black pepper. Finely chop the tomatoes. Add garlic and chilli.

AT HOME - Split the buns in half and spread the bases with some of the yogurt. Top each



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Lesson 6

CARIBBEAN

FRUITY CARIBBEAN CURRY



- 2 tsp vegetable or sunflower oil
- 4 chicken drumsticks (optional). Replace with a sweet potato for a vegetarian version.
- 2 large red onions, chopped
- 2 peppers (any colour), chopped
- 3-4 tbsp mild curry powder
- 425g can pineapple chunks in unsweetened juice
- 400g can coconut milk
- 400g can kidney beans, drained
- 2-4 tbsp hot pepper sauce (depending on how hot you like it) (optional)
- Small bunch coriander, chopped

A container to take them home in.

Method

Heat the oil in a large frying pan. Add the chicken or sweet potato wedges and brown well on all sides, then transfer to a plate. Add the onions and peppers to the pan, and cook for 5 mins until the veg starts to soften. Return the chicken/sweet potato to the pan and sprinkle in the curry powder, then add the pineapple with its juice, and the coconut milk. Season and simmer, uncovered, for 30 mins until the chicken/sweet potato is tender and the sauce has reduced and thickened a little.

Add the beans and pepper sauce to the pan. Simmer for another 2-3 mins until the beans are warmed through, then scatter with coriander.