



NOTTINGHAM
FREE SCHOOL

Year 8

Rotation 1

Global Gastronomy

Name:

Form:



Dear Parent/Carer,

This booklet contains all the recipes that your child will be cooking in this rotation of food preparation and nutrition. In the first lesson your child has written the date that they are cooking each dish. Students will need to bring the ingredients to school that day as well as the food container or cooking dish that the recipe asks for to take them home in.

Students will be required to bring their ingredients at the start of the school day so they can be properly stored before the lesson. It is recommended that the bag they bring the ingredients to school with is clearly labelled with their name and that their container for their food is also named. Children will have access to the food room at the end of the day to collect their products to bring them home. Part of the student's homework will be to weigh, measure and pack their ingredients the night before.

All recipes have a vegetarian option and where meat is used there are a variety of options to choose from. Should your child or a family member have any special dietary requirements, please get in contact and we can adapt recipes to suit.

Ingredients marked with * will be provided by the school. To cut down on the recipe cost. If there is a problem with providing your child with ingredients, please get in touch so we can find a solution.

I hope you will enjoy the meals that are brought home.

Ms Read
sread@nottinghamfreeschool.co.uk



Top tips for successful food lessons:

- Make sure you have written the date you will be cooking each recipe and pass this information onto the person who will be buying your ingredients.
- It is a good idea to get your parent/carer to take a picture of each recipe on their phone so when they are out shopping they know what you need.
- Make sure you have all the ingredients a couple days before so there is no rush the day of your lesson.
- Weigh out the ingredients at home so you only bring the amount on the recipe.
- Make sure you have packed the container or cooking tray/tin to take the items home in.
- Make sure your bag is labelled with your name.
- Come to the food room at least 10 minutes before school starts on the day of your lesson so your ingredients can be stored safely.
- As school policy states, you should have no jewellery or nail polish on you and if you have long hair you need to bring a hair band to tie it back with.
- Don't forget to collect your food product at the end of the day!



Pizza Design

Date cooking:

.....

Ingredients:

1-2 packets of pizza base mix/ 1 packet of bread mix

½ Jar of pizza topping/pasta sauce/ tomato purée

A selection of toppings according to your design
(these are just suggestions):

100g Pepperoni/ham/bacon/chicken

½ Coloured pepper

50g Mushrooms

4 Spring onions/red onion

2 Tomatoes

Other vegetables

Herbs

Chilli

150g grated cheddar cheese/ mozzarella

A large baking tray from home

Method:

1. Preheat the oven Gas 6/200°C
2. Grease the baking tray.
3. Make the pizza base according to the instructions on the packet. Remember to knead the dough for 5 minutes on a lightly floured table.
4. Roll out the dough to the shape required; make sure to keep the table and rolling pin floured.
5. Shape and place onto the greased baking tray.
6. Spread on your chosen tomato topping and then use your remaining ingredients to create your design.
7. Bake for 20 – 30 minutes until risen and browned.
8. Serve with salad

Recipe

1



Lasagne

Date cooking:

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500g minced
beef/lamb/pork/chicken

or

300g quorn/soya

or

400g frozen vegetables

1 tblsp of oil*

500g jar of Bolognese or pasta
sauce or 400g tin of chopped
tomatoes

Packet of lasagne sheets

500mls milk

50g butter or margarine

50g plain flour

150g grated cheese (mature
cheddar)

A large 25 to 30cm square or
rectangular ovenproof dish from
home

Method:

1. For meat:

Heat the oil in a large pan, add the meat and stir all the time until the meat is all brown.

Remove from the heat and stir in the Bolognese sauce or tinned tomatoes.

For quorn, soya or vegetables:

In a bowl mix together with the Bolognese sauce or tinned tomatoes.

2. Make the cheese sauce.

- In a small pan melt the butter on a low heat.
 - Stir in the flour and cook for 2 mins stirring all the time with a wooden spoon.
 - Remove from the heat. Gradually add the milk a little at a time. Keep adding it slowly until all is added. It will look runny.
 - Place on the highest heat and stirring all the time bring to the boil. The sauce will be thick enough to coat the back of a spoon. Remove from the heat and add the grated cheese and season.
3. Spread half the Bolognese mixture over the base of the ovenproof dish.
 4. Cover with lasagne sheets. Repeat the layers.
 5. Spread the cheese sauce over the lasagne and sprinkle with the remaining cheese.
 6. At home: bake on Gas 4/180°C for 30 minutes until golden brown.
 7. Serve with salad.

Recipe

2

On all recipes * indicates
ingredients provided by school.



Tikka Masala

Date cooking:

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Ingredients:

4 skinless chicken breasts cut into thin strips

or 400g Quorn pieces or 500g mixed vegetables

2 medium onions

1 fresh red chilli

A thumb sized piece of fresh root ginger

A small bunch of fresh coriander

3 tblsp of oil*

½ a 283g jar of Patak's tikka masala curry paste

400g tin of chopped tomatoes

400ml tin of coconut milk

Salt & Pepper*

Large sealable container to take home in

Method:

1. Peel and finely slice the onions and ginger. Finely slice the chilli.
2. Pick the coriander leaves and put to one side, then finely chop the stalks.
3. Heat the oil in a large saucepan and cook the onions, chilli, ginger and coriander stalks for 5 minutes until softened and golden. Remove from the heat.
4. Add the tikka masala curry paste and the strips of chicken. Stir well and add seasoning.
5. Then add the tomatoes and the coconut milk. Stir well and bring to the boil.
6. Cover and simmer for 20 minutes, stirring every 5 minutes.
7. Pour into your container.
8. At home serve with rice and a few spoonful's of yogurt, sprinkle over the almonds and coriander leaves. Add some lemon wedges to squeeze over.

Recipe

3

On all recipes * indicates ingredients provided by school.



Mango Upside Down Cake

Date cooking:

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Ingredients:

1 large tin of mango
slices/peach slices

170g caster sugar

2 eggs

115g plain low fat yogurt

120mls sunflower oil

Finely grated rind of 1 lime

170g plain flour

1½ tsp baking powder*

30g desiccated coconut

A 20cm round or square
cake tin from home

Method:

1. Preheat the oven to Gas 4/180°C
2. Grease and base line the tin with greaseproof paper.
3. Open and drain the tin of mango slices.
4. Arrange the mango slices over the bottom of the tin. Be careful they are fragile.
5. Put the caster sugar, coconut, eggs, yogurt, oil and lime rind into a large bowl and stir with a spoon until smooth.
6. Sieve the flour and baking powder into the mixture and use a tablespoon to carefully fold it in.
7. Spoon the mixture over the sliced mango and level the top.
8. Bake for 30–40 minutes until well risen and golden brown.
9. Allow to cool for a 5 minutes. Carefully run a palette knife around the edge of the tin and turn the cake out onto a cooling tray. Peel off the greaseproof paper.
10. At home: Sieve 2tblsp icing sugar over the cake and put it under a hot grill until the sugar has caramelised – or use a blow torch!

Recipe

4

On all recipes * indicates
ingredients provided by school.



Notes

