

Birley Academy



Super Curriculum

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The recipes in this booklet are given in metric measurements.

To calculate the imperial measurements, the following guidelines should be used.

METRIC / IMPERIAL CONVERSION		
25g	=	1oz (quantities less than 100g)
150g	=	5oz
225g	=	8oz
350g	=	12oz
450g	=	16oz

CELCIUS / FAHRENHEIT CONVERSION		
150°C	=	300°F
180°C	=	350°F
190°C	=	375°F
200°C	=	400°F
220°C	=	425°F
230°C	=	450°F

MACARONI CHEESE

INGREDIENTS

150g macaroni	100g cheddar cheese	25g margarine	1 tomato
25g plain flour	250ml semi-skimmed milk	Black pepper	

EQUIPMENT

Cutlery tray, saucepan, measuring jug, colander (one between 2), mixing bowl, balloon whisk, grater (only if the cheese needs grating) .

METHOD

1. Half fill the saucepan with water and bring to the boil.
2. Add the pasta and simmer for 10 – 12 minutes.
3. Grate the cheese and slice the tomato.
4. Drain the pasta using a colander and put into the mixing bowl.
5. Put the margarine, flour and milk in the saucepan over a low heat.
6. Whisk continuously and bring to the boil.
7. Remove from the heat and add the grated cheese – (save a little cheese for garnish). Stir until the cheese is melted.
8. Add the cheese sauce to the pasta and pour into your oven proof dish.
9. Garnish with the sliced tomatoes and remaining cheese.
10. Place under the grill for 5 minutes until the cheese has melted.
11. Wash up using hot soapy water.

EASY
Bring grated cheese

CHALLENGE
Use wholemeal pasta

STORAGE

- Store in a covered container in the fridge
- Eat within 24hrs

REHEATING

- Cover dish with tin foil
- Place in the oven at Gas 4/180°C for 10 – 15 minutes until piping hot

TOP TIPS

- 👍 Try different varieties of pasta shapes, such as rigatoni or shells.
- 👍 Add fresh herbs to the sauce, like chopped parsley or basil.
- 👍 During the last 2 – 3 minutes of cooking the macaroni, add a range of small pieces of vegetables, such as broccoli, cauliflower, courgette or pepper.



SKILLS

Using a hob
Grating

Using a grill
Draining

Making a savoury sauce
Combining

Claw grip

QUICK LASAGNE

INGREDIENTS

6 lasagne sheets	1 garlic clove	2 celery sticks (optional)
100g green lentils or 200g minced beef / pork / lamb / quorn	200ml crème fraiche, reduced fat or natural yoghurt	<i>Black pepper</i>
400g canned chopped tomatoes	1 carrot	<i>1 x 5ml spoon mixed herbs</i>
25g parmesan or cheddar, grated	1 onion	<i>50ml semi-skimmed milk</i>
1 x 15ml spoon tomato puree		<i>1 x 10ml spoon oil</i>

EQUIPMENT Cutlery tray, vegetable knife, peeler, metal plate, chopping board, saucepan, measuring jug.

METHOD

- Preheat the oven to 190°C or gas mark 5.
- Prepare the vegetables:
 - Peel and chop onion.
 - Peel and crush garlic.
 - Peel and slice carrot.
 - Slice the celery.
- Put 1 tablespoon of oil in the saucepan and fry the onion, garlic, and carrot over a low heat and cook for 4 minutes.
- Add the meat, quorn or lentils and the tinned tomatoes, herbs and tomato puree.
- Add 100ml of water and bring to the boil and then allow to simmer for 15 minutes over a low heat.
- In a jug, mix together the crème fraiche, HALF the grated cheese, the milk and the black pepper..
- Put about 1/3 of the meat mixture into the ovenproof dish.
- Cover with some pieces of lasagne.
- Cover with a little of the cheese mixture.
- Repeat until all the ingredients have been used (about 3 layers). **MAKE SURE YOU FINISH WITH THE CHEESE MIXTURE.**
- Sprinkle the remaining cheese on top.
- Place in the oven for 15 minutes until the topping is golden brown and wash up.

Cooking

- Place in the oven at Gas 5/190°C for 30 -40 minutes until piping hot

STORAGE

- Store in a covered container in the fridge
- Eat within 24hrs

TOP TIPS



Experiment with different herbs, for example fresh basil or oregano for different flavour sensations!



Try using different vegetables such as courgettes, peppers or aubergine.



SKILLS

Using a hob / oven
layering

Onion preparation

Bridge hold / Claw grip

Assembling /

MINI CARROT CAKES

INGREDIENTS

125g (4oz) carrots	100g (3½oz) wholemeal self-raising flour
100g (3½oz) castor sugar	60g (2oz) sultanas
75g (3oz) margarine	½ tsp vanilla essence
1 large egg	5ml (½ tsp) cinnamon
12 bun cases or 6 muffin cases	

METHOD

1. Preheat the oven to gas mark 5, or 190°C
2. Put the grated carrots into a bowl.
3. Add the sugar and margarine and mix all the ingredients together. Sift the flour into the bowl, along with the baking powder. Add the cinnamon and vanilla essence.
4. Crack the egg into a bowl and beat it before adding it to the cake mixture.
5. Add the sultanas and stir again. You could try swapping these for other dried fruits like cranberries or apricots.
6. Divide the mixture equally between the cupcake cases using a teaspoon and a knife.
7. Put in the oven to bake for 15 to 20 minutes until they're well risen and golden brown. When cooked they should bounce back when you press the top with a finger.
8. Place on a cooling rack and leave to cool.
9. Sprinkle with icing sugar.
10. Decorate.

CHALLENGE

Make some mini carrots out of orange ready to roll icing to decorate the top of the buns

STORAGE

- Store in an airtight container in a cool, dry place
 - Eat within 3 days

TOMATO & BASIL SOUP

INGREDIENTS

1 large tin chopped tomatoes	1tsp oil (<i>school provides</i>)
1 onion please chop this at home	Salt and pepper (<i>school provides</i>)
1 carrot please grate this at home	250ml water (<i>school provides</i>)
1 beef stock cube	½ tsp sugar (<i>school provides</i>)
2 cloves of garlic please crush this at home	1 tsp finely chopped fresh basil (<i>school provides dried basil</i>)
150g large ripe tomato	1tsp tomato puree (<i>school provides</i>)
1 stick of celery please chop this at home	

CHALLENGE

Make croutons – bring two slices of bread and cut into croutons. Brush with oil and grill.

EQUIPMENT FROM HOME:

1. Large container with leak proof lid
2. Apron.

METHOD

1. Fry the onions, carrot, celery and garlic in the oil on a medium heat in a large saucepan for 10 minutes until soft.
2. Halve the tomatoes and add to the pan.
3. Add the sugar, salt, pepper and basil, and tinned tomatoes.
4. Crumble in the stock cube.
5. Add the water.
6. Bring to the boil, and simmer with the lid on the pan for 30 minutes, stirring occasionally.
7. Liquidise in a food processor until smooth.
8. Add a handful of shredded basil before serving.

STORAGE

- Store in a covered container in the fridge
- Eat within 3 days

REHEATING

- Place in a saucepan on the hob
- Bring to the boil and simmer for 5 – 10 minutes until piping hot, stirring occasionally and adding a little more water if necessary

Date _____

BREAD SHAPES

INGREDIENTS

250g strong plain bread flour
2 level tsp or 1 sachet fast acting dried yeast
15g margarine
<i>½ level tsp salt</i>
<i>150ml tepid water</i>

METHOD

1. Place yeast and 150ml tepid water in a jug
2. Lightly grease baking tray.
3. Sieve flour and salt into a mixing bowl.
4. Rub in the margarine.
5. Stir in the yeast./ water
6. Mix with a knife to form a soft but not sticky dough.
7. Knead the dough on a lightly floured table for 10 minutes until soft, smooth, and very elastic.
8. Divide the mixture into 8 equal pieces, form into shapes, and place well-apart on baking tray. Prove.
9. Place in the oven and out oven on at 220°C/gas mark 7
10. Bake for 15 - 20 minutes until the bread is golden brown, and it sounds hollow when the bread is tapped underneath.
11. Cool on a cooling rack.

CHALLENGE

Make a variety of bread shapes

HOME

Now try Flavoured Bread at home

STORAGE

- Store in an airtight container in a cool, dry place
 - Eat within 3 days

PIZZA INGREDIENTS

INGREDIENTS

BASIC RECIPE	
250g strong plain flour	$\frac{1}{2}$ tsp salt
1 sachet easy blend dried yeast	150ml tepid water
15g margarine	
TOPPING	
3 x 15ml spoon tomato puree	50g cheese, e.g. Mozzarella or cheddar – (75g if you want a stuffed crust)

INGREDIENTS	AMOUNT REQUIRED
Black olives	25g
Courgette	50g – (1/2 a courgette)
Bacon	50g
Sausage	40g
Garlic	5g (1 clove)
Tuna	100g
Onion	60g (1/2 onion)
Pineapple	50g (2 slices)
Mushrooms	75g (3 – 4 mushrooms)
Pepperoni	50g
Ham	50g
Tomato	100g (1 – 2 medium tomatoes)
Cooked chicken	100g
Mixed herbs	$\frac{1}{2}$ tsp
Green / red pepper	100g – or $\frac{1}{2}$ a pepper
Green / red chilli	20g or 1 chilli
Minced beef	75g
Sweetcorn	50g

REHEATING

Place on a baking tray, and place in the oven at Gas Mark 5/190°C for 10 – 15 minutes until piping hot

STORAGE

- Store in a covered container in the fridge
- Eat within 2 days

MOUSSAKA

ING

500g pack of lean minced beef or quorn mince	1 large aubergine	1 onion, diced
150g pot 0% Greek yoghurt	1 egg	5 tbsp Parmesan, grated
400g can chopped tomatoes, with garlic/herbs	4 tbsp tomato puree	400g tinned or boiled potatoes

METHOD

CHALLENGE

Use sweet potatoes instead of ordinary ones

1. Prepare area, wash hands and put on an apron.
2. Dice onion, using sharp knife.
3. In saucepan place oil, minced meat and diced onion and gently for 5 minutes.
4. Add the tomatoes, tomato puree and boiled potatoes to the pan and bring to the boil, when boiled reduce heat and simmer for 5 – 10 minutes. Stir well.
5. Then prick (with a fork) your aubergine, and place in microwave for 3 – 5 minutes until soft and let cool on your chopping board. When cool, slice it.
6. While your red sauce is boiling, collect a mixing bowl and put yoghurt, beaten egg, 3 tbsp parmesan, seasoning (your teacher will have this), and whisk well.
7. Then pour the mince mixture in to an ovenproof dish and smooth out with the back of a tablespoon.
8. Layer the aubergine over it and pour over the white sauce, sprinkle over the rest of the parmesan (2 tbsp).

STORAGE

- Store in a covered container in the fridge
- Eat within 24hrs

COOKING

- Cover dish with tin foil
- Bake at Gas Mark 6/200°c for 30 minutes

CAULIFLOWER CHEESE

INGREDIENTS

Small Cauliflower	100g cheddar cheese	25g margarine	1 tomato
25g plain flour	250ml semi-skimmed milk	Black pepper	

EQUIPMENT

Cutlery tray, saucepan, measuring jug, colander (one between 2), mixing bowl, balloon whisk, grater (only if the cheese needs grating), Apron, Oven proof dish

METHOD

1. Half fill the saucepan with water and bring to the boil.
2. Break cauliflower into small florets.
3. Add cauliflower and simmer for 10 – 12 minutes – until just cooked.
4. Grate the cheese and slice the tomato.
5. Drain the cauliflower using a colander and put into the ovenproof dish.
6. Put margarine, flour and milk in the saucepan over a low heat.
7. Whisk continuously and bring to the boil.
8. Remove from the heat and add the grated cheese – (save a little cheese to sprinkle on top). Stir until the cheese has melted
9. Pour the cheese sauce the cauliflower.
10. Garnish with sliced tomatoes and remaining cheese.
11. Place under the grill for 5 minutes until the cheese has melted.
12. Wash up using hot soapy water.

EASY

Use grated cheese

CHALLENGE

Use a slice of bread and a weetabix and make a crispy topping

STORAGE

- Store in a covered container in the fridge
- Eat within 24hrs

REHEATING

- Cover dish with tin foil
- Place in the oven at Gas 4/180°C for 10 – 15 minutes until piping hot

TOP TIPS



Add fresh herbs to the sauce, like chopped parsley or basil.



SKILLS

Using a hob
Grating

Using a grill
Draining

Making a savoury sauce
Combining
Claw grip

FLAVOURED BREAD IDEAS

INGREDIENTS

Basic bread recipe:

15g margarine	$\frac{1}{2}$ tsp salt
250g strong plain flour	150ml tepid water
1 sachet dried yeast	

1. Container to carry home in.
2. Apron

CHALLENGE

Make a range of flavoured rolls

**CHOOSE ONE OF THE FLAVOURS BELOW
TO ADD TO THE BASIC BREAD.**

CHEESE & ONION

**25g grated cheese
 $\frac{1}{2}$ small onion (chopped)
1 clove garlic**

CURRY LOAF

$\frac{1}{2}$ tsp curry powder

MEDITERRANEAN LOAF

**$\frac{1}{2}$ small onion (chopped)
1 clove garlic
 $\frac{1}{2}$ tsp mixed herbs**

FRUITY LOAF

**50g raisins / sultanas / glace cherries
 $\frac{1}{2}$ tsp mixed spice / cinnamon**

SIZZLING STIR-FRY

INGREDIENTS

1 clove garlic	1 packet bean sprouts	red chilli – small
1 pak choi / green leaf vegetable	3 spring onions	ginger
1 pepper (red, orange or yellow)	3 mushrooms	1 x 10ml spoon oil
		1 x 10ml spoon soy sauce (reduced salt)

EQUIPMENT Chopping board, metal plate, cutlery tray, frying pan, vegetable knife, apron, box with lid

METHOD

1. Prepare the vegetables
 - Peel and chop the garlic
 - Chop the pepper into strips
 - Shred the green leaf vegetable
 - Wash and chop the spring onions
 - Remove seeds and chop the chilli (wear gloves!)
 - Slice the mushroom.

EASY

Bring prepared garlic

2. Heat 1 tablespoon of oil in the frying pan using a low heat.
3. Add the onion, garlic and chilli and cook for 1 minute.
4. Add the remaining vegetables and cook for a further 2 minutes. Add the ginger.
5. Add the soy sauce and stir thoroughly.
6. Wash up.

CHALLENGE

- Bring 3 – 4 chicken thighs and remove the meat

REHEATING

- Place in a frying pan on the hob
- Stir fry on a medium heat for 10 – 15 minutes, until piping hot

STORAGE

- Store in a covered container in the fridge
 - Eat within 24hrs

TOP TIPS

- 👍 Use noodles that have already been cooked.
- 👍 Vary the vegetables – leeks, courgettes and carrots all work well.
- 👍 Mix in ready cooked noodles or rice for a quick main meal.



SKILLS

Using a hob Claw grip Bridge-hold Stir-fry Combining

SAVOURY RICE

INGREDIENTS

1 onion	1 x 5ml spoon of vegetable stock powder or cube	2 mushrooms
150g long grain rice	50g peas and/or sweetcorn	550ml boiling water
½ red pepper	2 x 5ml spoons of curry powder	1 x 10ml spoon oil
1 tomato		

EASY
use chopped vegetables

METHOD

1. Put the kettle on to boil ready to make the stock.
2. Peel and dice the onion into small cubes. Slice the mushrooms or cut into quarters. Deseed and dice the red pepper into cubes slightly larger than the onion cubes.
3. Fry the cut up onion, pepper and mushrooms until soft (about 3 mins).
4. Make up the stock in a measuring jug using the boiling water and stock cube or powder and curry powder.
5. Add the stock, rice and peas and/or sweetcorn to the saucepan and stir them in. Simmer for 15 mins or until the rice is tender.
6. Whilst the rice is cooking, dice the tomato to use as a decoration on top of the dish. Serve as soon as the rice is cooked.

CHALLENGE

- Add two more different vegetables

STORAGE

- Store in a covered container in the fridge
- Eat within 24hrs

SERVING INSTRUCTIONS

- Eat cold
- Do not reheat

COOKIES

INGREDIENTS

75g margarine	75g caster sugar
150g self-raising flour	1 small egg
50g flavouring of your choice: <ul style="list-style-type: none"> • chocolate chips • chopped cherries • currants 	** If you want to make <i>chocolate cookies</i> you will need <i>3 tbsps. of cocoa powder</i>

METHOD

1. Prepare self – wash hands/apron on/tie hair back.
2. Collect equipment.
3. Set oven to Gas Mark 5/190°C.
4. Add 75g of margarine and 75g of sugar to bowl – cream together.
5. Add your egg and mix together.
6. Add 50g of flavouring.
7. Add 150g of self-raising flour (and 3 tbsps. of cocoa powder if you are making chocolate cookies).
8. Mix together until mixture resembles a dough.
9. Form into rounds and place onto a greased baking tray and slightly flatten with a fork.
10. Bake in the oven for 15 – 20 minutes.

CHALLENGE

- Roll the cookie dough out to 5mm thick, and cut into shapes using fancy cutters

STORAGE

- Store in an airtight container in a cool, dry place
 - Eat within 3 days