

KS3 Year: Recipe sheet unit 1 - Baking Success

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| <p>1. Mini Yorkshire Parkin:</p> <ul style="list-style-type: none"> • Please bring all ingredients in pre-weighed • 225g golden syrup • 115g margarine/butter • 140ml of milk • 65g of porridge oats • 1 rounded teaspoon of ginger* • $\frac{1}{2}$ teaspoon of bicarbonate of soda* • 90g plain flour • 90g self-raising flour • 12 muffin cases • Container with a lid to take them home in | <p>4. Savoury twists:</p> <ul style="list-style-type: none"> • Please bring all ingredients in pre-weighed and chopped • 1 packet of flaky pastry • 1 jar of pesto • Selection of vegetables e.g. small onion, pepper, mushrooms, small tomatoes etc. (3-4) • 50g of feta cheese or similar • Fresh herbs e.g. oregano • Container with a lid to take them home in |
| <p>5. Pineapple upside down pudding:</p> <ul style="list-style-type: none"> • Please bring all ingredients in pre-weighed • 100g self-raising flour • 100g caster sugar • 100g of butter/margarine • 2 large eggs • 1 small tin of pineapple rings in juice • 1 tablespoon of golden syrup • <i>Optional- 4 glace cherries or grapes</i> • Round container with a lid to take it home in e.g. celebrations tin | <p>5. Chelsea buns:</p> <ul style="list-style-type: none"> • Please bring all ingredients in pre-weighed and chopped • 250g of strong plain flour • 1 teaspoon of salt • 1 teaspoon of sugar • 15g of butter • 125ml of milk • 25g of fresh yeast • 25g of butter • 75g of dried fruit e.g. currants, cranberries, apricots etc. • 25g of sugar • Container with a lid to take them home in |
| <p>6. Mince and onion pie:</p> <ul style="list-style-type: none"> • Please bring all ingredients in pre-weighed and chopped • 200g plain flour • 50g block butter or margarine • 50g of lard/white vegetable fat • 200g minced meat e.g. beef or lamb • 1 small onion • Stock cube • 125ml of water • 1 tablespoon of corn-flour • 18cm diameter cake tin/pie dish (3cm deep approximately) or foil container | <p>6. Vegetable soup:</p> <ul style="list-style-type: none"> • Please bring all ingredients in pre-weighed and chopped • 25g Margarine/butter • 400g Vegetables e.g. potatoes, onions, carrots, turnip, celery, leeks, can use frozen vegetables • 1 tablespoon of flour • 1 stock cube • 500ml water • 125mls milk or single cream • Seasoning - salt, pepper or herbs • Container with a lid to take it home |

7. Dutch apple cake:

- **Please bring all ingredients in pre-weighed and chopped**
- 100g caster sugar
- 100g soft margarine
- 2 eggs
- 100g self-raising flour
- 1teaspoon baking powder
- 1 eating apple
- 1tsp cinnamon
- 2tsp demerara sugar
- **You will need a round cake tin/container to take it home in**

8. Giant sausage roll:

This is split over 2 lessons. The pastry will be frozen at the end of lesson 1 ready for lesson 2. This is due to time constraints within practical lessons.

Lesson 1 - Pastry

- **Please bring all ingredients pre-weighed**
- 200g of strong plain flour
- 75g of block butter
- 75g of lard/vegetable lard
- Pinch of salt
- **You will need a freezer bag or cling film to wrap it in**

Lesson 2-Filling

- **Please bring all ingredients in pre-weighed and chopped**
- 400g of sausage meat
- 1 small onion chopped
- Pinch of mixed herbs (optional)
- 1 egg to glaze
- **You will need a container to take it home in**