

Recipes for Year 9 Food Preparation & Nutrition Module 2025-2026

This scheme of work has been developed to enable pupils to cook a range of dishes safely and hygienically and to apply and develop their cookery skills.

Students need to make sure that they use

Class Charts to see when they are cooking these dishes

Containers need to be clearly labelled with students name and form on them.

Practical 1

Focaccia

- 500g strong bread flour, plus extra for dusting
- 7g dried fast action yeast
- 2 tsp salt
- 5 tbsp olive oil, plus extra for the tin and to serve
- 1 tsp flaky sea salt (provided for you)
- ¼ small bunch of rosemary, sprigs picked or dried

A container with lid to carry home



Practical 2

Chelsea Buns

Dough

- 250g strong white flour
- 40g butter or hard baking fat
- 125ml milk
- 7g pack of fast action dried yeast

Filling

- 75g currants
- 25g mixed peel
- 25g Demerara sugar
- 1 x 5ml spoon mixed spices or cinnamon

<https://www.foodafactoflife.org.uk/recipes/5-11-years/chelsea-buns/>

container to carry home

Top tips

Grate an apple (with the skin on) and add to the dried fruit mix.

Zest and juice an orange. Add the juice to the dough instead of some of the milk and the zest to the dried fruit mix.



Cinnamon Buns

Dough

- 250g Bread flour
- 2tsp (7g) yeast
- 1 tsp cinnamon
- 1tbs sugar
- 2 tbs oil
- 150ml Warm Milk

Filling

- 75g sugar
- 50g Butter
- 1 tbs Cinnamon

container to carry home



Practical 3

Chilli-Con Carne

1 onion
1 clove garlic
1 green pepper
250g minced beef
2 x 5ml spoon flour
1 x beef stock cube
250ml water
1 x 400g can red kidney beans
1 x 15ml spoon tomato puree
1 x 5ml spoon chilli powder



container to carry home

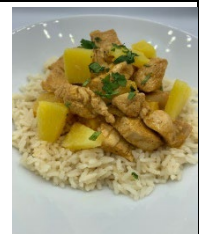
Top tips

- Serve with rice, a jacket potato or a taco shell.
- A fresh cool side salad would offer relief from the hot chilli.
- Add extra chilli powder, cayenne pepper or Worcestershire sauce for an extra kick.

[Chilli con carne - Food A Fact Of Life](https://www.foodafactoflife.org.uk/recipes/aset-global-cuisines/caribbean-islands/caribbean-style-turkey-curry/)

Caribbean-style turkey curry

1cm piece fresh ginger
1 small onion
1 small can pineapple chunks in juice
200g turkey stir-fry breast strips
Spray oil
1 x 5ml spoon mild chilli powder
1 x 5ml spoon mild curry powder
400ml light coconut milk



<https://www.foodafactoflife.org.uk/recipes/aset-global-cuisines/caribbean-islands/caribbean-style-turkey-curry/>

container to carry home

Top tips:

- Use peeled and diced mango as an alternative to pineapple.
- For a vegetarian option use firm tofu cut into cubes or canned, drained chickpeas reducing the cooking time as necessary.
- Serve with brown rice for added fibre.

Naan bread

60ml semi-skimmed milk
200g strong flour
1x5ml spoon baking powder
½ sachet instant yeast
1x5ml oil
1x15ml spoon low fat plain yogurt

Top tips

- To make them extra special, brush the naans with a low fat spread and sprinkle with poppy or sesame seeds before baking.
- Flaked almonds, dried fruit, coconut and spices could be added to the naan mix before baking. Make a meal out of your naan. Once baked, stuff with your favourite curry

www.foodafactoflife.org.uk/recipes/food-life-skills/naan-bread/



Practical 4

Flaky pastry

Ingredients

Flaky pastry

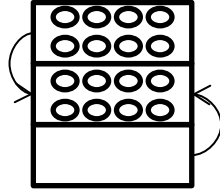
150g Plain flour

50g Margarine

50g Lard

75ml cold water

Savoury filling to place in pastry e.g Cheese straws or palmiers



A container with lid to carry home

Palmiers

1 pack of ready rolled puff pastry – **or pastry you have made.**

1 egg

200g of grated cheese

4 tablespoons of ketchup or tomato puree

1 tablespoon of mixed herbs



A container with lid to carry home

the palmiers can have any filling you want, **sweet or savoury**.
it works well with cheese and pesto, or cheese and marmite.
equally good with chocolate spread and raisins. you will need
something to take these home in.

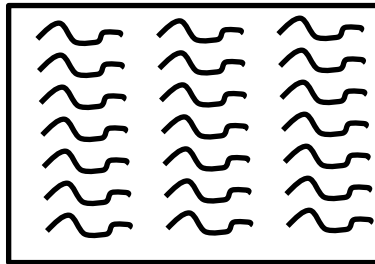
Cheese Straw

1 pack of ready rolled puff pastry –
or pastry you have

100g Cheese

*1tbs mustard

*Paprika



A container with lid to carry home

Practical 5

Roulade

3 eggs

75g caster sugar

55g Self Raising flour + 20g Cocoa

75g self-raising flour (if plain)

3 tbs jam

150ml whisked double cream

1tbs Icing Sugar

Vanilla Essence Fresh Fruit

A container with lid to carry home



<https://www.foodafactoflife.org.uk/recipes/cook-club/swiss-roll/>



Practical 6

Banoffee Pie

Base

100g butter
200g digestive biscuits

Topping

100g caster sugar
100g butter
1 can of condensed milk

Decoration

2 bananas
300ml of whipping or double cream
Chocolate (grated)



A container to make it in

A container with lid to carry home

Cheesecake

150g digestive biscuits
75g margarine melted
200g soft cheese
2tbs icing sugar
150ml double cream
1 Lemon

A container to make it in

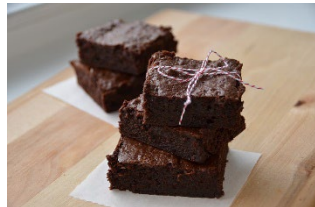
A container with lid to carry home



Practical 7

Brownies

100g Margarine
100g Plain chocolate
15g Cocoa powder
75g Plain flour
150g Caster sugar
2 Eggs
Vanilla essence (opt)



A container with lid to carry home

Chocolate Fudge Crinkle Biscuits

60g cocoa powder, sieved
200g caster sugar
60ml vegetable oil
2 large eggs
180g plain flour
1 tsp baking powder
70g icing sugar



A container with lid to carry home

Practical 8 Assessment practical Mini Victoria Cakes

Mini Victoria Cakes

2 eggs
100g caster sugar
100g soft butter/margarine
100g self-raising flour
1tsp baking powder



Jam
Berries
Whipped Cream
Icing sugar

A container with lid to carry home

Practical 9 Development

For final practical your teacher will allow you to make one of the dishes from the module to develop your skills learnt.

A container with lid to carry home