

Year 9

Food and Nutrition



Afternoon Tea Recipe Book

For the duration of this rotation you will require an air tight plastic container to take your practical outcomes home in. This and any other equipment will be reminded with each recipe.

Your first homework is to bring a container ready for next lesson.

Please consult your class teacher for the dates of each practical

Scones

Container required.

- 225g/8oz self raising flour
- pinch of salt
- 55g/2oz butter
- 25g/1oz caster sugar
- 150ml/5fl oz milk
- 1 free-range egg
- 25g raisins or sultanas

Lemon Drizzle Cake

Container required.

- 225g unsalted butter,
- 225g caster sugar
- 4 eggs
- 225g self-raising flour
- 1 lemon,

For the drizzle topping

- 1½ lemons, juiced
- 85g caster sugar

Quiche

Container required.

- 200g plain flour
- 100g marg
- 2 eggs
- 125ml milk
- 50g cheese
- Extra filling

Stacked Sponges

Container required.

- 75g self raising white flour
- 3 eggs (medium)
- 75g caster sugar
- Extra sugar for rolling up
- 2-3 x 15ml spoons jam
- Double cream

Sausage Rolls-

Container required.

- 225g strong flour
- 80g lard
- 80g butter
- 4-6 herby sausages
- 1 Egg

Raspberry Cheesecake

Metal tin preferably springform with removable sides.

- 300g digestive biscuits
- 100g unsalted butter, melted
- 500g full-fat soft cheese
- 100g caster sugar
- 1 tsp vanilla extract
- 300ml double cream
- 300g raspberries

Cheese and Pesto Whirls

Container required.

- 450g strong white bread flour, plus a little for dusting
- 7g sachet fast-action dried yeast
- 2 tbsp olive oil, plus a drizzle
- 150g pesto
- 240g tub semi-dried tomatoes, drained and roughly chopped
- 100g grated mozzarella (ready-grated is best for this, as it is drier than fresh)
- 50g parmesan (or vegetarian alternative), grated

Fork biscuits

Container required.

- 100g salted butter, softened
- 50g caster sugar
- 1 tsp vanilla extract
- 150g self-raising flour
- 100g dark chocolate, to top (optional)

Fruit Muffins

Container required.

- 2 medium eggs
- 125ml vegetable oil
- 250ml semi-skimmed milk
- 250g golden caster sugar
- 400g self-raising flour
- 1 tsp salt
- 100g chocolate fruit