

Year 8 Recipes 2026/27

Apple and Cinnamon Swirls



Ingredients

For the base:
225g self raising flour
50g butter or margarine
50g caster sugar
150ml milk

For the filling:
1 apple, grated
2 tsp cinnamon (school provides)
2 tsp sugar (school provides)

Modifications:
Pear and ginger
Mango and coconut

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Heat the oven to 180°C.
3. Line a baking tray.
4. Add flour to a bowl and rub in the butter until it looks like breadcrumbs.
5. Stir in 50g of caster sugar and then the milk a bit at a time to get a soft dough (you might not need all of the milk).
6. Turn on to a floured work surface and knead very lightly to form a blockof dough.
7. On a lightly floured surface roll out to a rectangle the size of a piece of A4 paper.
8. Spread the grated fruit over the surface. Leave 1cm clear along the top long edge.
9. Sprinkle the spice and sugar evenly.
10. Roll up to resemble a swiss roll. Cut into 8 even size rounds.
11. Place on baking tray, cut side facing up.
12. Cook for 10-15 minutes until golden brown
13. Wash up, dry up, put equipment away, wash and sanitise workstations.

Equipment
Mixing bowl
Knife
Green chopping board
Spoon

Nutrition

Vitamin A
Vitamin C

Simple carbohydrates
Fibre

Other Information:

Minestrone Soup



Ingredients

1 clove of garlic
1 onion
4 different seasonal vegetables eg -½ large carrot, ½ courgette, ½ parsnip, 1 stick of celery, handful of kale or spinach, chard, 1 potato, ½ sweet potato)
1 rasher of bacon (optional)
1 stock cube and 400ml boiling water
1 x tsp mixed herbs (school provides)
Salt and pepper (school provides)
25g small pasta shapes or broken spaghetti

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Prepare the vegetables and bacon:
   a. peel and crush the garlic.
   b. peel and dice the onion.
   c. dice the bacon, with a clean knife on a clean red chopping board.
   d. Peel and finely dice your vegetables
3. Fry the onion, garlic and bacon in the oil for 2 minutes.
4. Stir in the finely diced vegetables.
5. Add the boiling water to the pan and the stock cube.
6. Add the mixed herbs and black pepper, bring to the boil and then simmer for 10 minutes.
7. Add the pasta and allow to simmer for a further 10 minutes.
8. Wash up, dry up, put equipment away, wash and sanitise workstations.

Equipment
Mixing bowl
Knife
Green chopping board
Saucepan
Wooden Spatula

Nutrition

Vitamin C
Fibre
Protein
Sodium
Complex Carbohydrate

Other Information:

Store bacon in the fridge.

Chilli Con Carne



Ingredients

1 tbsp olive oil (school provides)
1 onion
1 garlic clove
200g lean minced beef
1 x 400g tin of chopped tomatoes
2 tbsp tomato purée
1 red chilli, thinly sliced or chilli flakes
½ tsp ground cumin (school provides)
½ tsp ground coriander (school provides)
1 tbsp Worcestershire sauce (optional)
1 stock cube
1 x 400g tin red kidney beans, drained

Modifications
Minced quorn, lentils, minced pork.

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Prepare the vegetables and bacon:
   a. peel and crush the garlic.
   b. peel and dice the onion.
   c. dice the bacon, with a clean knife on a clean red chopping board.
   d. Peel and finely dice your vegetables
3. Fry the onion, garlic and bacon in the oil for 2 minutes.
4. Stir in the finely diced vegetables.
5. Add the boiling water to the pan and the stock cube.
6. Add the mixed herbs and black pepper, bring to the boil and then simmer for 10 minutes.
7. Add the pasta and allow to simmer for a further 10 minutes.
8. Wash up, dry up, put equipment away, wash and sanitise workstations.

Equipment
Mixing bowl
Knife
Brown chopping board
Saucepan
Wooden Spatula

Nutrition
Vitamin C
Fibre
Protein
Sodium

Other Information:

High risk food - minced beef: do not leave raw or cooked meat in your bag. It must be stored in the fridge.

Reheat until piping hot.



Bolognese

Bolognaise

1 onion
1 clove garlic
1 tbsp oil (school provides)
1 tin tomatoes
200g minced beef or Quorn
1 carrot grated
Handful of basil leaves or 1 tsp dried basil (school provides)
Salt and pepper (school provides)

Modifications:
Mushrooms, courgettes.

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Peel and finely dice the onion and garlic.
3. Fry the onion for 3 mins until soft. Add garlic and cook for 1 minute.
4. Add minced beef and cook until brown in colour.
5. Add the rest of the vegetables and tomatoes
6. Tear in the basil leaves.
7. Add a few twists of black pepper, then allow to simmer gently for 30 minutes (longer if possible).
8. Wash up, dry up, put equipment away, wash and sanitise workstations.

Serving suggestion
You may wish to serve the bolognaise with pasta when you get home. If so:
Put a large saucepan of water on to boil. When rapidly boiling, add the pasta and cook for around 10 minutes until al dente. Drain; Mix the cooked pasta and tomato sauce together. Click here for video>>>

Equipment
Mixing bowl
Knife
Brown chopping board
Saucepan
Wooden Spatula

Nutrition

Vitamin C
Protein
Iron
Sodium

Other Information:

High risk food - minced beef: do not leave raw or cooked meat in your bag. It must be stored in the fridge.

Reheat until piping hot.

Chicken or Sweet Potato Curry



Ingredients

1 onion
1 clove garlic
1 sweet potato (peel and dice at home)
1 tsp oil (school provides)
1 heaped tsp curry powder (school provides)
100ml water
1 tin tomatoes
1 tin chickpeas (410g), drained
3 handfuls of fresh spinach

Possible modifications:

- Dice 1 chicken breast and add after stage 2 to seal the chicken.
- Add diced pepper, aubergine and courgette instead of the sweet potato and chickpeas.

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Prepare the onion, garlic and potatoes - Slice the onion, peel and crush the garlic, peel and cut the potatoes into 1cm cubes.
3. Fry the onion and garlic for 2 minutes in the oil.
4. Stir in the curry powder and fry for 1 minute.
5. Add the sweet potatoes or chicken. Cook chicken until sealed.
6. Add the tomatoes, water and chickpeas, then allow to simmer for 20 minutes, until the potato is tender.
7. Stir in the fresh spinach, and allow to cook for a further 2 minutes.
8. Pour into container, leave lid off and cool quickly. Refrigerate.
9. Wash up, dry up, put equipment away, wash and sanitise workstations.

Click here for video>>>

Equipment

Mixing bowl
Knife
Brown chopping board
Red chopping board
Saucepan
Wooden Spatula

Nutrition

Vitamin C
Fibre
Fat
Protein
Sodium
Calcium

Other Information:

High risk food - chicken: do not leave raw or cooked chicken in your bag. It must be stored in the fridge.

Reheat until piping hot.



Naan

Ingredients

100g self raising flour
100g greek or natural yoghurt
½ tsp salt (school provides)
1 tsp oil (school provides)

Modifications - add ½ tsp spices such as cumin seeds, nigella seeds dried herbs, chilli flakes (school provides)

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Mix the flour, salt, spices and yoghurt in a large bowl to make a soft, slightly sticky dough.
3. Knead for 2 mins until dough is smooth.
4. Divide the dough into 2 pieces
5. Roll each one into a tear drop shape 1cm thick.
6. Heat a large frying pan to a low heat and dry-fry each piece for 1 minute until lightly golden and fluffy.
7. Wash up, dry up, put equipment away, wash and sanitise workstations.

Equipment
Mixing bowl
Palette Knife
White chopping board
Frying Pan
Fish Slice
Rolling Pin

Nutrition

Complex carbohydrate
Protein
Fat
Sodium

Other Information:

https://www.youtube.com/watch?v=WdlB1IJjm2Q

Focaccia



Ingredients

250g strong white bread flour,
5g salt (school provides)
7g/1 sachet fast action dried yeast
1 tbsp olive oil (school provides)
180ml water (school provides)

For the toppings:
2 tbsp olive oil (school provides)
Fresh herbs/1 garlic clove/
tomatoes/olives

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Place the flour, salt, yeast, olive oil and most of the water in a bowl and mix.
3. Add the rest of the water until you have a smooth dough. Knead for 5 minutes.
4. Shape the dough to a rectangle shape 2.5 cm thick
5. Place on a tray or a large baking tray.
6. Chop the garlic and herbs.
7. Press dents all over surface of the dough, drizzle with oil and scatter herbs and garlic. Leave for 15 mins for an initial prove.
8. Place the tray in a COLD oven and put oven on to 200°C.
9. Bake the bread for 20 minutes, until golden-brown.
10. Wash up, dry up, put equipment away, wash and sanitise workstations.

Click to watch video >>>

Equipment
Mixing bowl
Palette Knife
Baking Tray
Rolling Pin

Nutrition

Complex carbohydrate
Protein
Fat
Sodium

Other Information:

Pizza



Ingredients

100g strong white bread flour
½ tsp salt (school provides)
½ sachet dried yeast
1 tbsp oil (school provides)
2 tbsp tomato puree/pizza topping/ragu sauce
30g cheese
PLUS 2 extra topping of your own choice

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Preheat the oven to 200°C
3. Put the flour and salt into the mixing bowl.
4. Stir in the yeast and make a well in the middle.
5. Add the oil and enough warm water to mix into a soft dough with your hands.
6. Turn the dough out onto a lightly floured surface and knead for 5-10 minutes.
7. Place the dough in the bowl and allow to prove in a warm place for 15 minutes.
8. Roll out and shape the dough into a pizza shape.
9. Place the dough onto the baking tray.
10. Spread the tomato puree/ragu sauce on the base almost to the edge of the pizza with the palette knife.
11. Cover with toppings and grated cheese.
12. Bake for 10-15 minutes.
13. Wash up, dry up, put equipment away, wash and sanitise workstations.

Equipment
Mixing bowl
Palette Knife
Baking Tray
Rolling Pin
Grater

Nutrition

Complex carbohydrate
Protein
Fat
Sodium

Other Information:



Babka

Ingredients

200g strong white bread flour
7g fast action dried yeast (1 sachet)
1 tsp salt (school provides)
1 tbsp caster sugar
1 tbsp veg oil (school provides)
120 - 150ml warm water (school provides)

40g soft butter or marg
2 tbsp caster sugar
1 tbsp cocoa powder

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Place the flour, salt, sugar, yeast, veg oil and most of the water in a bowl and mix.
3. Add enough of the water until you have a sticky dough. Knead for 5 minutes until smooth and elastic.
4. Leave on surface to prove whilst you wash up.
5. Make filling by creaming together the sugar and cocoa with the soft butter/marg.
6. Roll out dough on a lightly floured surface to the size of a piece of A4 paper.
7. Spread mixture over the dough. Roll up from the long edge.
8. Cut in half along the length of the roll.
9. Twist the 2 strands around each other and fold back over to reveal cut edges.
10. Place in greased foil tin.
11. Place the tray in a COLD oven and turn the oven on to 180°C
12. Bake the bread for 20 minutes, until golden-brown.
13. Dust with icing sugar or drizzle with melted chocolate
14. Wash up, dry up, put equipment away, wash and sanitise workstations

Equipment
Mixing bowl
Palette Knife
Baking Tray
Rolling Pin
Flour Shaker
Baking tin

Nutrition

Complex carbohydrate
Simple Carbohydrate
Fat
Sodium

Other Information:

Savoury Tarts



Ingredients - makes 6

Pastry:
80g plain flour
40g BLOCK margarine or butter
2 tbsp cold water
50g grated cheese

Filling:
1 egg
50ml milk
20g cheese (of your choice)
Plus 2 extra ingredients of your choice eg. olives/mushrooms/peppers/ tomato/ peas/ham/mint/basil

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Preheat oven to 200°C
3. Place flour into bowl. Cut up fat into small pieces using a palette knife.
4. Add to flour and rub in until it resembles breadcrumbs, remember COLD HANDS!
5. Add 1 tbsp COLD water at a time and mix with a knife to form soft, NOT STICKY dough.
6. Finely dice your extra ingredients. Lightly fry in a splash of oil. Leave to cool
7. Beat egg and milk together in a jug, add seasoning.
8. Grate cheese into a bowl.
9. Roll out pastry, cut into rounds and line a cupcake tin with 6 rounds.
10. Place a teaspoon of filling mix into each case, fill nearly to the top with egg & milk mix. Sprinkle with cheese.
11. Bake in the oven for 15 – 20 minutes, until golden brown
12. Wash up, dry up, put equipment away, wash and sanitise workstations

Equipment
Mixing bowl
Palette Knife
Rolling Pin
Flour Shaker
Bun tin
Cutter

Nutrition

Complex carbohydrate
Simple Carbohydrate
Fat
Protein
Sodium

Other Information:

High risk food - milk, cheese, eggs, meat - : do not leave in your bag. It must be stored in the fridge.



Macaroni Cheese

Ingredients

100g pasta shapes
50g cheese (grated)
25g butter or margarine
25g plain flour
250ml milk

Modifications:

100g broccoli
100g canned tuna (in water) drained
1 tsp spoon dried oregano
50g sweetcorn (canned or frozen)
Black pepper

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Bring a saucepan of water to the boil, and then add the pasta. Simmer for about 10 – 12 minutes, until *al dente*.
3. Grate the cheese and cut the broccoli into small pieces.
4. While the pasta is cooking, make the sauce: Melt the butter in a pan on a low heat and add the flour.
5. Stir until the mixture forms a smooth paste which leaves the sides and base of pan cleanly.
6. Cook for a minimum of 2 minutes to cook out the taste of the flour. Stirring all of the time.
7. Add a splash of milk and stir until incorporated. Keep adding milk, a little at a time, stirring well after each addition.
8. Stir until the sauce is smooth and allow to simmer for 1 minute. Add the cheese and stir.
9. During the last 2 minutes of the pasta boiling, add the sweetcorn and broccoli to the saucepan.
10. Drain the boiling hot water away from the pasta and vegetables into a colander in the sink.
11. Pour the drained pasta and vegetables into the sauce. Season.
12. Sprinkle the cheese over the top.
13. Wash up, dry up, put equipment away, wash and sanitise workstations.

Equipment

Saucepan
Whisk
Wooden Spoon
Grater
Colander

Nutrition

Complex carbohydrate
Fat
Protein
Calcium

Other Information:

High risk food - milk, cheese: do not leave in your bag. It must be stored in the fridge.

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Cornish Fairings

Ingredients - makes 8

40g golden syrup(School provides)
65g plain flour
½ tsp baking powder (school provides)
¼ tsp bicarbonate of soda (school provides)
1 tsp ground ginger (school provides)
¼ tsp ground cinnamon (school provides)
25g caster sugar
25g butter, diced.

1. Preheat the oven - fan 160°C and line a baking tray with greaseproof paper.
2. Sift the flour, baking powder, bicarb and ground spices into a mixing bowl and stir in the sugar. Rub in the butter until the mixture is crumb-like in texture, then add the golden syrup and bring the mixture together as a dough.
3. Separate into 8 small balls and space them out well on the baking trays. Press down lightly to flatten the balls slightly then bake for 8-10 minutes until the biscuits have spread out with crinkled tops and are golden brown at the edges.
4. Give the trays a sharp bash on the counter to flatten out any domed tops on the biscuits, then let them firm up on the trays for a couple of minutes before transferring to a wire rack to cool. Store in an airtight container, where they will keep for at least 2 weeks.

Equipment
Mixing bowl
Palette Knife
Rolling Pin
Flour Shaker
Baking tray
Cutter

Nutrition

Complex carbohydrate
Fat
Protein
Calcium

Other Information:

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Upside Down cake

Ingredients

1 tbsp sugar
1 tin of fruit or fresh fruit of your choice
4 glace cherries
100g self raising flour
100g soft butter or Margarine
100g caster sugar
2 large eggs

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Preheat the oven to 180°C
3. Butter 7 inch cake tin (can be round or a loaf tin)
4. Sprinkle 1 tablespoon of sugar on top of the tin base, and then arrange the fruit.
5. Cream together the butter and caster sugar. Add the flour and beaten egg. Beat until the batter is smooth.
6. Pour this mixture carefully over the fruit; it will only just cover it, so spread it out gently.
7. Bake for 20 minutes.
8. Wash up, dry up, put equipment away, wash and sanitise workstations.
9. When you get home, put cake tin in the oven for 2 mins and then ease a spatula around the edge of the tin, place a plate on top and turn it upside-down.

Equipment
Mixing bowl
Wooden Spoon
Cake tin
Knife
Green Chopping board

Nutrition

Complex/simple carbohydrates
Fat
Protein
Calcium

Other Information:

PLEASE REMEMBER - a 7 or 8 inch sandwich tin or a loaf tin

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Pasty



Ingredients - makes 1 pasty

40g butter (stored in fridge)
80g plain flour
½ a small onion
40g cheese
Salt and pepper (school provides)
1 small potato
2 tbsp cold water

Modifications:
Carrot, pepper, peas, sweetcorn, spices, herbs, types of cheese

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Pre-heat oven to 200°C.
3. Rub together the flour and butter to form a breadcrumb like texture. Be careful not to melt the butter.
4. Mix with a palette knife. Add 2 tbsp cold water to bring the mixture together as a dough.
5. Roll out onto a floured surface. DO NOT KNEAD.
6. Cut pastry into a circular shape using a plate as a template.
7. Organise your filling on one side. Season/flavour.
8. Fold and crimp your pastry to make a pasty design. Milk or egg wash.
9. Bake for 20-25 minutes.
10. Wash up, dry up, put equipment away, wash and sanitise workstations.

Equipment
Mixing bowl
Palette Knife
Rolling pin
Flour Shaker
Brown Chopping board
Grater
Knife

Nutrition

Complex carbohydrate
Fat
Protein
Calcium

Other Information:

The next slide contains the allergen information for all of the Year 8 recipes.

The 14 allergens are:

- celery
- cereals containing gluten – including wheat (such as spelt and Khorasan), rye, barley and oats
- crustaceans – such as prawns, crabs and lobsters
- eggs
- fish
- lupin
- milk
- molluscs – such as mussels and oysters
- mustard
- tree nuts – including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts
- peanuts
- sesame seeds
- soybeans
- sulphur dioxide and sulphites (if they are at a concentration of more than ten parts per million)

Review date: September 2026 Reviewed by: DVE

Food Standards Agency
food.gov.uk

Dishes	 Celery	 Cereals containing gluten	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Mollusc	 Mustard	 Nuts	 Peanuts	 Sesame seeds	 Soya	 Sulphur Dioxide
Sweet Swirls		x					x							
Minestrone Soup	X	X												
Chilli Con Carn	X *stock Cube				X *Worcestershire sauce									
Bolognese	X *stock Cube													
Curry														
Naan		X					X							
Focaccia														
Pizza		X												
Babka		X					X							
Mini sav tarts		X					X							
Macaroni Cheese		X		X			X							
Cornish fairings		X					X							
Upside down fruit cake		X		X			X							
Pasty		X					X							