

Year 9 Recipes 2026/27

Fajitas



Ingredients:

2 x boned chicken thighs or 1 chicken breast or Quorn or mushrooms
½ onion
1 pepper (any colour)

Oil - school provides
Fajita spice mix - school provides
Tortilla wraps - school provides

Optional extras:
2 tbsp sour cream or natural yoghurt

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Finely slice onion.
3. Julienne pepper.
4. Cut chicken, Quorn or mushrooms into strips/slices.
5. Add all ingredients into a bowl, stir to ensure all ingredients are coated in spice mix. Allow to marinade for 5 minutes.
6. Wash up knife & chopping board. Wipe workstation.
7. Heat frying pan, add chicken mix, stir continuously for 7-8 minutes until chicken is cooked and peppers are soft.
8. Once cooked place in a tortilla wrap, roll and wrap in foil.
9. Wash up, dry up, put equipment away, wash and sanitise workstations.

Equipment
Knife
Chopping boards
Frying pan
Wooden Spatula

Nutrition
Complex carbohydrate
Fat
Protein
Fibre

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.

Bombay Potatoes



Ingredients:

1cm sized piece ginger grated (1 tsp lazy ginger or frozen chopped ginger)
1 garlic clove
3 tomatoes - halved, deseeded and chopped
250g new/baby potatoes halved
1 onion thinly sliced
1 chilli halved, deseeded and thinly sliced

School provides the following -

1 tbsp sunflower oil
1 tsp black mustard seeds
1 tsp ground coriander
½ tsp turmeric
1 tsp ground cumin
1 tsp garam masala
small bunch coriander chopped

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Bring a pan of salted water to the boil.
3. Cut potatoes into bite size chunks and boil for 7-8 mins until tender. Drain and allow to steam dry.
4. Place a frying pan over a medium heat.
   Add the chopped garlic, ginger and onion with oil and salt and let that cook for 1-2 minutes before adding all the spices.
   Stir well, letting the garlic and spices fry together for a few minutes before stirring through the potatoes , followed by the tomatoes.
5. Reduce the heat to a simmer over a low temperature until warmed through.
6. Sprinkle with coriander.
7. Once cooked, stir through a little more salt and serve. We love it with chapatis, avocado, chilli flakes and coconut yoghurt.
8. Wash up, dry up, put equipment away, wash and sanitise workstations.

Equipment

Frying Pan
Saucepan
Knife
Chopping board
Peeler

Nutrition

Complex carbohydrate
Vitamin C
Fat

Other Information:

Chow Mein



Ingredients

150g dried noodles (egg or rice)
1 clove garlic
2cm piece of fresh ginger
2 spring onions
4 mushrooms
4 broccoli florets
50g bean sprouts
1 tsp soy sauce (school provides)

Modifications

Peppers, bamboo shoots, carrots, water chestnuts

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Put the noodles in a measuring jug, cover with boiling water and leave to soften
3. Peel and crush the garlic
4. Peel and chop the ginger and spring onions.
5. Slice the mushrooms and break each floret into small pieces
6. Heat the oil gently in a frying pan.
7. Fry the garlic, ginger and onions for 1 minute.
8. Add the mushrooms and broccoli. Cook for 3 minutes.
9. Stir in the beansprouts and cook for a further 2 minutes
10. Add the noodles and soy sauce.
11. Stir fry everything together for 3 minutes.
12. Wash up, dry up, put equipment away, wash and sanitise workstations

Equipment
Frying Pan
Wooden Spatula
Kettle
Measuring Jug
Brown Chopping board
Green Chopping board
Knife

Nutrition
Complex carbohydrate
Fat
Protein
Fibre

Other Information:



Paella

Ingredients

1 onion
1 clove of garlic
1 diced chicken breast or quorn (optional)
½ pepper
1 tbsp oil (school provides)
75g long grain rice
275ml water, boiling
1 vegetable stock cube
50g peas
1 tsp paprika (school provides)
1 tsp turmeric (school provides)

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Peel and chop the onion and garlic.
3. Dice the pepper. Dice chicken (at home) or Quorn.
4. Make your stock using hot water
5. Heat the oil in a frying pan, add onion, garlic and spices
6. Add the chorizo and chicken/Quorn fry until it releases its oils. Chicken will be white and sealed.
7. Stir in the rice until coated by the oils, then pour in the stock and rest of vegetables .
8. Bring to the boil, then simmer for 15 mins, stirring occasionally.
9. Add the peas and cook for 5 mins, then stir in the seafood (if using) to heat through for a final 1- 2 mins cooking or until rice is cooked.
10. Check for seasoning.
11. Wash up, dry up, put equipment away, wash and sanitise workstations

Modifications - OPTIONAL - think about budget cooking - what do you already have in fridge/freezer?

50g prawns
50g chorizo
4 or 5 mushrooms
Sweetcorn
Green beans
Red peppers

Click here to watch video>>>

Equipment

Wooden Spatula
Frying Pan
Kettle
Knife
Brown Chopping board
Gtreen Chopping board

Nutrition

Complex carbohydrate
Fat
Protein
Sodium
Vitamin C

Other Information:

High risk food - Cooked rice: do not leave cooked rice in your bag. It must be stored in the fridge.

Reheat until piping hot.



Ramen

Ingredients

1 tsp vegetable oil (school provides)
2-3cm piece fresh ginger
1 garlic clove
1 tbsp soy sauce (school provides)
1 tbsp rice wine vinegar or mirin (school provides)
1 stock cube - vegetable or chicken made up to 500ml stock.

1 nest of noodles - can be egg, ramen or rice noodles
1 egg
2 mushrooms
1 carrot
Handful of peas or edamame beans
3 florets of broccoli (optional)
2 spring onions or 1 red onion

Optional - chilli sauce /fresh coriander to serve

Method

1. Bring a saucepan of water to the boil. Carefully add the eggs and boil for 7 minutes for a slightly runny yolk or 8 minutes for a soft yolk. Remove eggs from the pan and place in a bowl of cold water to stop the cooking process.
2. Whilst the eggs are cooking - peel and grate the ginger. Peel and finely chop the garlic.
3. Prepare all vegetables - finely slice onion, peel and ribbon or julienne the carrots, slice the mushrooms.
4. Make the stock in a measuring jug with 500ml boiling water.
5. Heat the oil in the empty egg saucepan and fry the garlic and ginger on a gentle heat. For 2 minutes until soft and fragrant. Add the soy sauce and rice wine vinegar and cook for a further minute.
6. Add the stock and simmer on low heat for 5 minutes. Add the mushrooms.
7. Simmer for a further 10 minutes.
8. Whilst simmering, carefully peel the eggs and slice in half.
9. Add the noodles and remaining vegetables and simmer for 3 minutes.
10. Serve in a bowl with the boiled eggs on top, optional hot sauce and finely chopped fresh coriander.

Equipment
Saucepan
Measuring Jug
Green Chopping board
Brown Chopping board
Knife

Nutrition

Complex carbohydrate
Fat
Protein
Fibre
Sodium

Other Information:

Meatballs



Ingredients

For the meatballs:

1 tbsp oil (school provides)
1 small onion, peeled and very finely chopped
1 clove garlic, peeled and crushed
1 small carrot, peeled and finely grated
115g lean minced beef
30g fresh white breadcrumbs
1 tbsp freshly chopped parsley or mixed dried herbs (school provides)
salt and black pepper (school provides)

For the tomato sauce:

400g can chopped tomatoes
15ml spoon tomato puree
pinch of caster sugar (school provides)

Modifications:

400g can red kidney beans

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Preheat the oven to 190°C
3. Prepare the ingredients: peel and finely chop the onion, peel and crush the garlic, peel and finely grate the carrot, chop the parsley
4. Add a splash of oil to a small frying pan and heat, add the onion and garlic and sauté (fry lightly) for 2–3 minutes or until softened. Remove half of the cooked onion to a large bowl and leave the other half in the frying pan.
5. Add the carrot, beef, breadcrumbs, parsley and seasoning to the onions in the bowl, and mix well.
6. Divide the mixture into 10 equal amounts and roll each into small balls. Place on a lightly greased or lined baking tray. Thoroughly wash and dry hands after touching the raw meat.
7. Cook in the preheated oven for 8–10 minutes or until cooked through, turning over halfway through cooking.
8. Add the tomatoes and tomato puree to the remaining onion mixture in the frying pan. Simmer together for 5–8 minutes or until the onions are very soft. Season to taste. Add the meatballs.
9. Wash up, dry up, put equipment away, wash and sanitise workstations
10. At home - boil spaghetti and then toss together with the cooked meatballs and tomato sauce. Divide between warmed serving plates and serve immediately.

Click here to watch video>>>

Equipment

Mixing bowl
Spoon
Saucepan
Baking Tray
Knife
Chopping board

Nutrition

Protein
Fat
Fibre
Vitamin C
Vitamin A

Other Information:

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

Reheat until piping hot.

Sweet and Sour



Ingredients

2 chicken breasts or 100g mushroom, Quorn or Tofu
½ onion
1 small carrot
½ pepper
1 clove of garlic
3cm piece of ginger
2 tinned pineapple rings and juice from the tin
1 veg stock cube
2 tbsp tomato puree
2 tbsp honey
2 tbsp white wine vinegar
1 tbsp cornflour
Oil (school provides)
Salt and pepper (school provides)

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Cut chicken into 2cm cube pieces.
3. Peel the onion, garlic, ginger and carrot. Deseed the pepper.
4. Slice the onion, carrot, pepper into fine strips and finely chop the garlic and ginger. Place in a bowl
5. Make up the stock in a jug with 200 ml of hot water, add white wine vinegar, add honey and tomato puree. Stir. Add pineapple juice.
6. Blend the corn flour in a jug with a little cold water.
7. Place oil in the pan and heat. Add chicken pieces and seal until white all over. Add onion, carrot, pepper, garlic and ginger. Cook for 2-3 mins
8. Add sauce mixture from jug to the saucepan. Bring to the boil.
9. Slowly add cornflour till you achieve the correct consistency.
10. Chop the pineapple rings into chunks and add to the sauce.
11. Using a temperature probe, check the chicken is cooked. It must be 75°C+
12. Wash up, dry up, put equipment away, wash and sanitise workstations

Click here to watch video>>>

Equipment

Saucepan
Wooden spatula
Brown Chopping board
Green Chopping board
Knife

Nutrition

Protein
Fat
Fibre
Vitamin C
Vitamin A

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.

Sweet tarts



Ingredients

Pastry:

80g plain flour
40g butter or hard margarine for pastry
2 tbsp cold water

Filling:

2 tablespoons jam/lemon curd
50g soft margarine or butter
50g caster sugar
50g self raising flour
1 medium egg
1 lemon, juice and zest OR 1 tsp vanilla extract (optional)

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Preheat oven 180°C
3. Place plain flour (for pastry) into a bowl and add the butter/hard margarine
4. Rub in butter until it resembles breadcrumbs, remember COLD HANDS!
5. Add 2 tbsp COLD water and mix with a knife to form a dough.
6. Roll out on a floured surface, cut into rounds and line a cupcake tin with 6 rounds.
7. Put ⅓ tsp jam/lemon curd in the pastry cases.
8. In a bowl make the cake - cream together the butter and sugar. Add the flour and egg. Beat well.
9. Stir in half the lemon juice and zest of whole lemon.
10. Spoon 1 tbsp of cake mix on top of the jam. Carefully spread cake mix to seal in the jam so it does not leak.
11. Bake for 15-20 mins until golden brown.
12. Dust with icing sugar.
13. Wash up, dry up, put equipment away, wash and sanitise workstations

Equipment

Mixing bowl
Palette Knife
Rolling pin
Flour Shaker
Bun tin
Cutter
Whisk

Nutrition

Complex carbohydrate
Simple Carbohydrate
Fat
Protein
Calcium
Vitamin C

Other Information:



Fougasse

Ingredients

250g strong white flour
2g salt (school provides)
1 sachet (7g) fast action dried yeast
1 tbsp olive oil (school provides)
180ml water (school provides)

Modifications:

Fresh herbs/garlic cloves/ tomatoes/olives/ Sea salt

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. Add extra ingredients. Knead for 5 minutes.
4. Using a palette knife make two cuts in a line down the middle of the ovals with a gap between them, stopping 2 cm/1in from each end. Then make 12 diagonal cuts in the dough, 6 either side of the central cuts, forming a leaf design, then stretch the dough out slightly to emphasise the holes.
5. Place on a tray or a large baking tray.
6. Leave for 15 mins for an initial prove.
7. Place the tray in a COLD oven and turn the oven on to 200°C.
8. Bake the bread for 20 minutes, until golden-brown.
9. Wash up, dry up, put equipment away, wash and sanitise workstations

Equipment
Mixing bowl
Palette Knife
Rolling pin
Flour Shaker

Nutrition

Complex carbohydrate
Fat
Sodium

Other Information:

Click here to watch video>>>



Calzone

Ingredients

225g strong white flour
1 level teaspoon salt (school provides)
15ml olive oil (school provides)
1 sachet (7g) easy blend dried yeast
160 ml warm water - NOT HOT!
Tomato puree
A selection of meats, cheeses and vegetables of your choice
Fresh or dried herbs

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Preheat oven to 200°C
3. Put the flour, oil and salt into a mixing bowl and stir. Add in the yeast and stir well
4. Add all the tepid water at once and stir with a palette knife.
5. Bring to a ball and place onto a floured work surface
6. Knead well for at least 5 minutes; stretching and pulling the dough. Sprinkle with flour if it becomes too sticky.
7. Depending on if you want to make 1 large calzone or 2 smaller ones, either divide the dough mixture in half, roll each piece into a ball and then roll out each ball into a circular shape. (If just making one large calzone, roll entire dough out into circular shape.
8. Spoon over the whole base your tomato topping, but only put your meat/veg/cheese onto half of your rolled out dough. Brush water around the edge of your circle.
9. Lift over the side without the toppings and seal it by pinching with your fingers, or pressing down firmly with a fork to secure the edges (what you have now should resemble a large pasty shape). By crimping the edges, none of the filling can spill out. Place the calzone side by side on a floured baking sheet.
10. Cook for 10 to 15 minutes in a preheated oven until the dough is puffed up and golden on top and the filling is hot.
11. Wash up, dry up, put equipment away, wash and sanitise workstations

Equipment
Mixing bowl
Palette Knife
Rolling pin
Flour Shaker
Brown Chopping board
Green Chopping board
Knife
Baking tray

Nutrition

Complex carbohydrate
Fat
Protein
Vitamin C

Other Information:

Click here to watch video>>>

Bagels



Ingredients - makes 2

100g strong white bread flour
4g fast action dried yeast (½ sachet)
½ tsp salt (school provides)
1 tbsp sugar (school provides)
1 tbsp veg oil (school provides_
65ml warm water

Milk or beaten egg to glaze

Modifications - Make them sweet:
½ tsp cinnamon + 40g raisins + 2 tsp sugar OR
40 g choc chips + 2 tsp sugar

Method

1. Preheat the oven to 180°C.
2. Fill a medium-sized saucepan with water, bring to the boil, add 1 tbsp bicarbonate of soda, then reduce the heat to a low simmer.
3. Place the flour, salt, sugar, yeast, veg oil and most of the water in a bowl and mix (add any modifications)
4. Add enough of the water until you have a sticky dough. Knead for 5 minutes until smooth and elastic.
5. Leave on surface to prove whilst you wash up.
6. Divide the dough into 2 and shape to a smooth ball, press down lightly, push finger through the centre and circle to create a bagel shape.
7. One at a time, carefully place the bagels into the pan of hot water and cook for 1 minute per side. The bagels will rise to the surface; flip with a slotted spoon.
8. Carefully lift the bagels from the pan and return them to the baking tray. Lightly brush with milk or beaten egg.
9. Bake the bread for 20 - 25 minutes, until golden-brown.
10. Wash up, dry up, put equipment away, wash and sanitise workstations

Equipment
Mixing bowl
Palette Knife
Flour Shaker
Measuring Jug

Nutrition

Complex carbohydrate
Fat
Simple Carbohydrate
Calcium

Other Information:

Click here to watch video>>>



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
Rolling pin
Flour Shaker
Wooden Spoon
Measuring Jug

Nutrition

Complex carbohydrate
Simple Carbohydrate
Fat
Protein
Calcium

Other Information:

Piped Biscuits



Ingredients

100g butter or margarine
25g icing sugar
75g plain flour
25g cornflour
2 drops of flavouring/essence

Possible flavours:

Dark Chocolate and Mint
Orange
Lemon
Ginger
Desiccated Coconut

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Preheat oven 190°C
3. Grease baking tray.
4. Cream together the fat with the icing sugar until smooth.
5. Fold in the sifted flour and cornflour and add the essence.
6. Put mixture into a piping bag fitted with a ½ " star nozzle.
7. Pipe into various shapes (stars, rounds, whirls, fingers) onto the tray.
8. Bake for 10-15 minutes.
9. DO NOT THROW NOZZLES IN THE BIN!
10. Wash up, dry up, put equipment away, wash and sanitise workstations

Equipment

Mixing bowl
Wooden spoon
Piping Bag
Piping Nozzle
Baking Tray
Baking paper

Nutrition

Complex carbohydrate
Fat
Protein
Calcium

Other Information:

Do not throw your piping nozzle in the bin!

Click here to watch video>>>

Pasta



100g strong plain bread flour
1 egg

Please bring 50p contribution towards ingredients that the school will provide

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Place saucepan of water on hob, bring to the boil.
3. Mix flour and Egg together to form a dough.
4. Knead dough until smooth.
5. Roll out using rolling pin. Folding in edges to make a straight edge.
6. Run through machine in widest setting. (2 or 3 times)
7. Adjust machine one setting at a time and roll the pasta as thin as you can without it tearing.
8. Use the cutting attachment to cut your pasta into shape.
9. Ensure pasta is separated and put into the boiling water.
10. Cook for 3-5 minutes or until al dente.
11. Wash up, dry up, put equipment away, wash and sanitise workstations

Equipment
Mixing bowl
Palette Knife
Rolling pin
Pasta Machine
Flour Shaker

Nutrition

Complex carbohydrate
Protein

Other Information:

Click here to watch video>>>



Chocolate Banana Cake

Ingredients

100g margarine or soft butter
100g caster sugar
1 banana (over ripe)
2 eggs
50g chocolate chips
100g self raising flour

Modifications - white chocolate chips, raisins, brown sugar

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Preheat the oven to 180°C
3. Cream together the butter and caster sugar. Add the flour and beaten egg. Beat until the batter is smooth.
4. Mash the banana. Stir banana gently into your mix.
5. Pour this mixture carefully into your baking tin. Place cake tin onto an baking tray.
6. Bake for 20 minutes.
7. Wash up, dry up, put equipment away, wash and sanitise workstations.

Equipment
Mixing bowl
Wooden Spoon
Cake tin
Knife
Green Chopping board

Nutrition

Complex and simple carbohydrate
Fat
Protein
Calcium

Other Information:

The next slide contains the allergen information for all of the Year 9 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: Sept 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
Fajitas		x												
Bombay potatoes									x					
Chow Mein		x		x									x	
Paella	x *Stock Cube		x						x					
Ramen		x		x									x	
Meatballs		x												
Sweet and sour	x *Stock Cube													
Mini sweet Tarts		x		x			x							
Fougasse		x												
Calzone		x					x							
Bagels		x		x			x							
Babka		x					x							
Piped Biscuits		x					x							
Pasta		x		x										
Chocolate banana cake		x		x			x							