

Year 9 Food and Nutrition

Tenbury High Ormiston Academy 2026/27



Recipe Booklet - It's all Greek to Me!



RULES

1. Dates for cooking will be set on Edulink as homework.
2. Please bring a container with your name on to bring cooked food home.
3. Please ensure your name is on everything including your bag.
4. Please weigh all ingredients accurately at home.
5. It is your responsibility to drop your food to Room 8 before AM registration.
6. It is your responsibility to collect your cooked food and bag at the end of the day.
7. Any food left behind will be thrown out after 3 days.

Name: _____

Class: _____

Thank You

Remember showing pride in your work is showing pride in your learning

Feta and Onion Parcels

Ingredients:

Parcels:

1 pack filo pastry	50g butter/oil
1 egg	1 pack of feta cheese
2 garlic cloves	1 onion
Salt and pepper	1 tbsp oil

Hot Honey:

2 tbsp honey	1 tsp vinegar
1 fresh chilli	Any fresh herbs



Named plastic containers with a lid to bring cooked food and hot honey home.

Equipment:

Chopping board	Sharp knife	Mixing Bowl	Food waste bowl
Pastry Brush	Measuring Jug	Wooden spoon	Baking Tray & Paper

Method:

Parcels:

1. Heat oven to 190°C.
2. Chop onions and garlic into small dice and put into mixing bowl.
3. Crumble feta with hands into mixing bowl and add egg and a pinch of salt and pepper. Mix well with spoon.
4. Melt butter in measuring jug.
5. Using pastry brush, smother one strip of filo with butter, then place another on top - add more butter.
6. In the top right corner (making a triangle shape), place some of your mixture.
7. Fold filo triangle over the filling in triangles until you have a fully formed parcel.
8. Place on NAMED baking tray.
9. Using pastry brush, brush all of the triangles with butter before going into the oven.
10. Bake for 20 mins until golden brown.

Hot Honey:

11. Wash up mixing bowl.
12. Add honey, chopped chilli and herbs to bowl and mix well.
13. Place in container to take home.
14. Take parcels out of oven and put in LABELLED container - don't forget to use OVEN GLOVES.
15. Put all washing up next to sink, food next to fridge.
16. Clean tables with dish cloth, wash and dry everything and put away.

Chicken Gyros

Ingredients:

Flatbread:

150g plain flour (or GF)
80ml milk (or milk alternative)
25g oil
0.5 tsp salt

Gyro filling:

1 chicken breast or 3 BONELESS chicken thighs
(alternatives: soya strips, Quorn strips, halloumi)
 $\frac{1}{2}$ onion
 $\frac{1}{2}$ pepper
1 tbsp oil
1 tsp cumin
0.5tsp salt
1 clove garlic
1 lemon
1 tsp dried oregano
1 tsp paprika



Named plastic containers with a lid to bring flatbreads and cooked food home.

Equipment:

Chopping board	Sharp knife	Mixing Bowl	Food waste bowl
Rolling pin	Frying pan	Fish slice	Metal spoon
Grater	Clingfilm		

Method:

Flatbread:

1. In a bowl, mix together flour, milk, oil and salt with a spoon until it comes together.
2. Using your hands, knead for 5 minutes until you have a smooth ball of dough, place at the top of your table and cover with clingfilm to relax.

Gyro:

3. Wash your bowl out thoroughly.
4. Measure out your herbs and spices, oil and zest and juice of your lemon into the mixing bowl.
5. SLICE your pepper and onion and add these into the bowl.
6. SLICE your chicken (or alternative) and add to the bowl.
7. Mix really well coating everything.
8. Remove the clingfilm from your dough and place over your gyro mixture.
9. Put your chopping board, spoon and knife next to the sink.

Continued.....

Flatbread:

10. Roll your dough out into a sausage and split into 2 pieces, roll these into balls.
11. Roll each ball to the size of a side plate.
12. Heat your frying pan on a high heat.
13. Add your flatbread being careful to place it away from you.
14. Flip this over using a fish slice once golden brown on one side (these take about 3-5 mins to cook each side).
15. Once both breads are cooked, put into your LABELLED container.

Gyros:

16. Add your marinated ingredients into your pan and cook until the chicken (if using) is cooked all the way through and reaches a temperature of 75°C.
17. Place this mixture into your LABELLED container and put next to the fridge.
18. Place everything next to the sink to be washed up.
19. Clean the table with a dish cloth, wash, dry and put away everything.

At home:

- Reheat gyro mixture in pan until piping hot.
- Warm the flatbreads (can be in microwave), serve with tzatziki, yoghurt, fresh salad and potatoes.

Non-Traditional Moussaka

Ingredients:

1 tbsp oil	25g butter
1 small onion	25g flour
1 clove garlic	250ml milk
125g mince (lamb/beef/veggie)	1 egg
1 x 200g chopped tomatoes	100g grated cheese
Stock cube (veg or beef)	
1 tbsp mixed herbs	
1 medium potato	
(Optional- $\frac{1}{2}$ aubergine)	



Named baking dish to cook and bring home in.

Equipment:

YOUR baking dish	Chopping board	Sharp knife	Food waste bowl
Saucepan	Wooden spoon		

Method:

1. Put oil into your saucepan.
2. Finely dice onions and garlic and put into your saucepan, add your mince and cook on the stove until mince is browned.
3. Add in chopped tomatoes and crumble in stock cube, add mixed herbs.
4. Reduce sauce for 10 mins (leave on hob whilst you do something else).
5. Slice your potatoes (and aubergine if using) into thin 0.5cm rounds.
6. Get your baking dish and create one layer of potato.
7. Using your wooden spoon, layer your tomato mixture over the top.
8. Place another layer of potatoes, add another of your sauce, continue to do this until the last layer - should be aubergine (if using) or potatoes.
9. Wash pan and wooden spoon well.
10. Melt butter and flour in pan and create paste, gradually add milk, stirring all the time.
11. Once it has thickened (gelatinised) take off heat and add in egg.
12. Pour on top of moussaka and cover in cheese.
13. Put next to the fridge with label on.
14. Place all washing up next to sink, clean table with DISH CLOTH, wash everything up, dry it and put it away.