

Y7 Recipe book



Name: _____

Group: _____

Remember if you make anything at home to take a photo so we can add it to the "Look what I made at home" display in the classroom.

Problems with Ingredients?

It is our aim for you to participate and enjoy all practical lessons. If you have a problem with any recipe then you need to see your Food Technology Teacher **BEFORE** the day of your practical. If possible we will help.

If you arrive to a practical lesson with no ingredients you will be set supporting theory work. It is also recorded that you are failing to complete set homework.

If you are absent then do check if any ingredients are needed for next lesson. You cannot become the next Jamie Oliver or Delia Smith without plenty of practice!



Working Rules

Work in a safe manner. Anyone acting in a way which could cause injury to another pupil will not be allowed to continue their practical work.

Please weigh your ingredients out at home before the lesson - this will give you extra time to complete your practical work in the lesson

When you bring ingredients into school, store them in the food room making sure ingredients that need to be kept cool are placed in the fridge before Registration.

Make sure **ALL** items are **LABELLED** with your name. Any foods unclaimed by the end of the school day on a Friday will be disposed of.

**Remember a container to
take your food home in and
your Apron**

All recipes can be modified for a families preference as long as the same practical skills are being covered please speak to a member of staff for help with modifying a recipe or for recipe alternatives.

To keep the cost of ingredients to a minimum students will only make small portions of some dishes these can be increased should you wish for larger family meals but please speak to a member if staff first to ensure we are able to accommodate this within the lesson.

Red Coleslaw

Don't forget a large container to
take your salad home in

Ingredients

(this is only a guide you may choose additional items from the list below)

1tsp Honey

1tsp Mustard

$\frac{1}{2}$ a small red cabbage

1 medium carrot

120g cooked beetroot (optional)

2 Tbs Mayonnaise

Method

1. Cut the cabbage into thin slices
2. Top and tail carrot, then peel and grate
3. Grate the beetroot if using - top tip rubber gloves will stop your hands from staining
4. Place the cabbage, grated carrot and grated beetroot into the large bowl and add the mayonnaise
5. With a plastic spoon mix all the ingredients together
6. Place finished coleslaw into your container.

Hints

- Wash the fruit and vegetables before use
- Instead of using mayonnaise, experiment with different combination of mayonnaise mixed with plain yoghurt, fromage frais, or crème fraiche.
- Try adding other vegetables such as onion or celery

Rainbow couscous

Don't forget a large container to
take your salad home in

Ingredients

(this is only a guide you may choose additional items from the list below)

200g couscous

1 vegetable stock cube

1 red pepper / mix of peppers

2 tomatoes

3 / 4 spring onions

1 can sweetcorn

Dressing -

4 tbs ready made salad dressing

or

10g (a small hand full) fresh parsley chopped

75ml olive oil

2 tbs lemon juice

1 tbs red wine vinegar (optional)

1 clove crushed / pureed garlic (optional)

Method

1. Full the kettle and put in to boil.
2. Place couscous in to a large glass bowl, Crumble in the stock cube
3. Cover the couscous with 250ml boiling water, mix well with a fork, cover with a tray and set aside.
4. Deseed and dice the peppers.
5. Using a teaspoon deseed the tomatoes and dice.
6. Top and tail the spring onions using scissors and then chop in to equal slices.
7. Drain the sweetcorn
8. Mix dressing ingredients in a jug.
9. Fluff the couscous with a fork and stir through the vegetables and dressing.

Hints

- Wash the fruit and vegetables before use
- Try adding other vegetables to add a range of colours and flavours.

Fruit salad

Don't forget a large container to
take your salad home in

Ingredients

(this is only a guide you may choose additional items from the list below)

5 different fruits to include at least a handful of each.

200ml fruit juice eg orange juice

2 tbs lemon juice / $\frac{1}{2}$ a lemon (top tip share a lemon with a friend)

Top Tip

If using pineapple / mango please use ready prepared or tinned in juice.

Please only bring small slices of melon / water melon!

Method

1. Wash fruit , peel where needed.
2. Cut fruit in to bite size pieces and place in your container
3. Cover with orange juice and lemon juice, mix well to stop the fruits from browning.

Hints

Try and use a wide range of fruits for lots of colour

Pizza toast (guide for own snack)

Ingredients (You can vary these, this list is only an idea of ingredients - remember you have thought about this in your lesson and designed your own snack)

$\frac{1}{2}$ yellow pepper
1 spring onion
1 mushroom
30g hard cheese, e.g. Cheddar, Edam, Gruyere
2 slices bread (or a bagel or a piece of French stick sliced in half)
2 tablespoons tomato pizza sauce, tomato ketchup or tomato puree
 $\frac{1}{2}$ x 5ml spoon mixed herbs

This is the bread based snack you have designed, so think back to your design work. What bread have you used? What toppings did you decide on?

Equipment

Chopping board, knife, grater, fish slice, measuring spoons, dessert spoon.

Method

1. Preheat the grill.
2. Slice the pepper, spring onion and mushroom.
3. Grate the cheese.
4. Place the bread under the grill and toast one side.
5. Remove the bread from the grill and place on the chopping board uncooked side-up.
6. Spread the tomato sauce over the bread using the back of the spoon.
7. Arrange the pepper, mushroom and onion over the slices.
8. Sprinkle the cheese and mixed herbs over the bread.
9. Place under the grill until the cheese bubbles.

Jam rounds

Ingredients

(one possible recipe)

60g Rolled / Porridge Oat

75g Plain flour

75g Margarine

50g sugar

1tbs Golden Syrup

$\frac{1}{2}$ tsp Ground Ginger

1Tbs Jam

25g dried fruit

12 bun cases

This is the cereal bar type snack you have designed, so think back to your design work. What ingredients have chosen you used? What extras did you decide on?

Method

1. Preheat the oven to 180 °C or gas mark 4.
2. Place the butter or margarine, sugar and syrup into a saucepan and gently heat until the butter or margarine has melted.
3. Stir in the oats, flour, spice and dried fruit.
4. Spoon $\frac{1}{2}$ the mixture in to bun cases.
5. Add $\frac{1}{2}$ tsp jam to each case
6. Cover the jam with the remaining mixture
7. Bake for 10 - 15 minutes, until lightly browned.
8. Remove from the oven and cool.

Cheese Straws

Ingredients

100g plain white flour
1/2 x 5ml spoon of mustard powder (optional)
50g butter or margarine
50g cheddar cheese
2 x 15ml cold water

**Remember to bring a
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home in**

Possible flavours - Marmite, Sun dried tomato paste, poppy seeds, pesto

Method

1. Pre heat the oven to 200°C/Gas 6
2. Flour a baking tray
3. Sieve the flour, salt (and mustard if using) into a large bowl
4. Put in the fat (butter or margarine) and rub together until the mixture resembles fine breadcrumbs
5. Grate cheese and add into the breadcrumb mixture with any other flavorings.
6. Add cold water a little at a time into the breadcrumb mixture, mixing with a table knife until a firm dough is formed.
7. Roll out thinly and cut into strips with a table knife (or use a cutter if you want to make shapes)
8. Place onto the baking tray and bake in oven for 10 -15 mins until golden brown
9. Allow to cool for a few minutes and then place straws on a cooling rack using a palette knife.

Carrot Cakes

Remember 6 muffin cases

Ingredients

1 Egg
75g margarine / butter
75g Sugar
75g SR Flour
 $\frac{1}{2}$ Tsp Cinnamon (optional)
 $\frac{1}{2}$ Tsp Vanilla Essence
1 Large Carrot

Method

1. Put butter, sugar and flour in to a large bowl.
2. Crack the egg into a jug and whisk with a fork
3. Add the egg to the mixing bowl and beat until a smooth mixture is formed.
4. Wash the carrot and grate it in the largest setting - on to a chopping board
5. Add the carrot and cinnamon to the batter and mix well.
6. Divide the mixture between the muffin cases using the two spoon method.
7. Place the cakes into the oven for 15 to 20 mins
8. Clean up