

Food & Nutrition

Recipe Booklet

Year 7

Name:	
Form:	
Group:	
Teacher:	



Book replacement Cost £1



Expectations

- Long hair to be tied back and nail varnish to be removed for all practical lessons.
- Long sleeves to be rolled up.
- Wear an apron.
- Blazers in cupboards.
- Wash hands before practical lessons.
- Leave ingredients in Food room before morning registration.
Cold ingredients should be stored in the fridge.
- Collect cooking after school.

Practical Lessons

- Work as a team.
- Use hot water and soap.
- Return equipment CLEAN and to its correct place.
- Wipe down work surfaces.
- Leave sink clean and dry.
- Place cloths and tea towels in booklet provided.
- Wipe cooker tops to an acceptable standard.
- Cuts and boils with a waterproof plaster.
- Report to teacher/technician if any accident occurs during the lesson.
- Spillages must be wiped up immediately and reported to the class teacher/technician.

A few food hygiene reminders for storing at home:

SHOPPING FOR FOOD

- Good food safety starts when you shop for food.
- Check the date-marks on food.
- Don't buy dented cans or damaged packets of food.

STORING FOODS - SOME TIPS

- The temperature of a fridge should be between 0-5°C. Check the thermostat readings on your fridge.
- Raw food must always be stored below cooked food.
- Raw meat, chicken and fish must always be stored on the bottom shelf of the fridge, so they can't drip on other foods.
- Keep eggs in the fridge, away from strong odours.
- Some food jars need to go in the fridge when open, check the label.
Never put open cans of food in the fridge.

STORING FOODS - THE CUPBOARD

- Keep all food cupboards, cool, clean and dry.

STORING FOODS - THE FREEZER

- The temperature of a freezer should be -18°C.
- Freezers are ideal for storing foods for a long time, but not too long.
Check the date mark or storage instructions on the label.

EXTENSION WORK IN FOOD AND NUTRITION

Practical Work:

- Change ingredients to suit individual preferences

Example: Change cheese variety to own choice

- 1 Onion (red/white onion, spring onion)
- Change recipe to suit a specific dietary need

BREAD ROLLS

Ingredients:

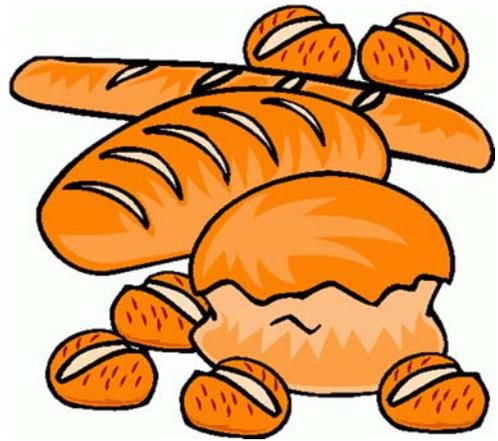
250g STRONG white flour

1tbsp oil

150ml water (luke warm)

1 level tsp salt

1 sachet quick acting dried yeast



Toppings: sunflower seeds, linseed, poppy seeds

Method:

1. Turn oven on to 230°C
2. Prepare a baking tray.
3. Put flour, salt, yeast in a bowl with the oil.
4. Add approximately 150ml of luke warm water to the bowl.
5. Mix well with palette knife, the dough must be soft.
6. Knead firmly for 10 minutes until smooth.
7. Divide into 4 pieces, shape and place on baking tray.
8. Bake for 15-20 minutes until golden brown/ hollow sound when tapped.
9. Evaluate and clean area.

****Container to take your product home****

CHEESE STRAWS

Ingredients:

150g plain flour

100g butter or margarine

75g cheddar cheese

Salt, pepper & mustard to season



Method:

1. Heat the oven to 160°C. Line the baking tray with greaseproof paper.
2. Use a wooden spoon to beat the butter until soft. Work in the cheese, seasonings and flour to form a dough.
3. Roll out to 5mm thick and cut into biscuits or straws.
4. Place on a baking sheet and bake for 15 minutes until golden brown and crisp. Cool on a wire rack.

CHOCOLATE LOG

Ingredients:

1 small Swiss roll (from supermarket and NOT covered in chocolate, jam or cream filling)

150g icing sugar

75g soft margarine

50g cocoa powder (not Hot Chocolate)

Other Materials: cake board (piece of cardboard covered in foil), cake decorations, robins, fir trees, holly, Father Christmas etc...

**** A BOX BIG ENOUGH FOR THE CAKE BOARD TO FIT IN TO TAKE HOME, MAKE SURE BOARD FITS BEFORE YOU COME TO SCHOOL****

Method:

1. Put margarine into a bowl and sieve icing sugar and cocoa into it and mix with spoon until smooth, add water if needed.
2. Place a little bit of icing on the bottom of the Swiss roll and attach to the board.
3. Using a palette knife, ice the log and decorate.



CHOCOLATE SPONGE SLICE

Ingredients:

100g self raising flour
100g soft margarine
100g caster sugar
1 tsp. baking powder
2 eggs
1 tbsp. cocoa powder
1 tbsp. raisins or sultanas



Optional ingredients:

100g chocolate chips or 100g glace cherries

Method:

1. Turn oven on to 200°C. Line a Swiss roll tin.
2. Put all ingredients except raisins, chocolate chips or cherries into a bowl.
3. Mix well with wooden spoon.
4. When mixture is smooth and fluffy add raisins and chocolate chips.
5. Put mixture into Swiss roll tin and smooth with a palette knife.
6. Bake for 15 minutes or until then touched will feel 'spongy'.
7. Turn out onto a cooling rack then cut into slices.

**** A CONTAINER TO TAKE FOOD HOME ****

COURGETTE AND CHEESE MUFFINS

Ingredients:

1 small courgette
100g cheddar cheese
225g self raising flour
50ml oil
175ml semi-skimmed milk
1 egg
Black pepper



Method:

1. Preheat oven to 200°C
2. Place the muffin cases in the muffin tin.
3. Cut the ends of the courgette and grate it. Grate cheese.
4. Mix all the ingredients together to form a smooth batter.
5. Divide the mixture equally between the muffin cases using 2 spoons
6. Bake for 20 minutes or until golden.
7. Allow to cool on a cooling rack.

FAIRY CAKES

Ingredients:

100g self raising flour
100g caster sugar
100g soft margarine
2 eggs
Paper cases



WRAP EGGS CAREFULLY TO TRANSPORT TO SCHOOL

Method:

1. Turn oven on to 190°C. Put paper cases into bun tray.
2. Place the flour into a bowl, add all the other ingredients and beat well with a wooden spoon until light and fluffy.
3. Divide between the paper cases and bake for 20-25 minutes until well-risen, firm and golden brown.
4. Allow to cool on a wire cooling rack.

ICING IDEAS TO BE COMPLETED AT HOME

Sweets, sprinkles, edible flowers

****A container to take cakes home****

FLAPJACKS

Ingredients:

200g porridge oats

150g hard margarine

100g brown sugar

2 tbsp golden syrup

Variations: raisins, glace cherries, dried apricots, dates, coconut, dried figs, chocolate chips, grated orange/lemon rind, chopped walnuts, pecans, brazil nuts & chopped hazelnuts



Method:

1. Turn oven on to 200°C.
2. Line a cake tin with greaseproof paper and lightly grease.
3. Put margarine, sugar and syrup into a saucepan and melt do not boil.
4. Take off the heat and add the oats and additional/optional flavours. Stir until all mixed together.
5. Press the mixture in the baking tin using a metal spoon and level it out.
6. Bake for 15-20 minutes or until golden brown. The flapjack will not be crisp until it cools, so do not cook until crisp or it will be too hard.
7. Allow to cool before cutting.

** Container to take food home **

FRUIT CRUMBLE

Ingredients:

1 tin or jar of FRUIT PIE FILLING (any flavour)

100g plain flour

50g hard margarine

50g caster sugar

****oven proof dish****



Method

1. Turn oven on 210°C.
2. Collect equipment and put ingredients on a tray.
3. Open the container of fruit pie filling and empty it into your oven proof dish.
4. Put flour and margarine into a bowl and rub together with fingertips until the mixture looks like fine breadcrumbs.
5. Add sugar and stir
6. Pour the flour mixture over the fruit and smooth over.
7. Bake for 20-25 minutes or until golden brown.
8. Allow to cool on a wire cooling rack.

**** A container to take your food home in****

FRUIT SALAD

Ingredients:

1 red or green apple

1 orange

1 banana

1 small tin of pineapple chunks OR 1 small carton of fruit juice.



You may also choose to bring 1 or 2 from the list below:

Peach, kiwi, few cherries, few strawberries, pear or small piece of melon.

Method:

1. Wash the fruits in a colander carefully, using cold running water and shake gently to dry.
2. Prepare the fruits on a chopping board by peeling, coring, slicing or dicing into sizable pieces, depending on the fruit. Do not leave them soaking in water, except those fruits which will turn brown when their cut surfaces are exposed to air. The browning reaction is known as 'enzymic browning'. Put all rubbish in the bin. Be very careful when using a sharp knife.
3. Arrange your fruit nicely in your container. Cover and store in fridge.
4. Wash up and clear away all of the equipment you have used.

PLEASE REMEMBER TO BRING A CONTAINER WITH A LID TO TAKE YOUR FRUIT SALAD HOME IN. PLEASE WRITE YOUR NAME, FORM AND FOOD GROUP CLEARLY ON YOUR CONTAINER.

FRUIT SMOOTHIE

Ingredients:

1 banana

200g fruit (options: apricots, strawberries, kiwis, melons, peaches, raspberries, summer fruits)

300ml liquid (options: orange/apple/pineapple juice, milk, soya milk, rice milk, coconut milk, crème fraiche, cream)

150ml yoghurt

1 tbsp. sweetener (options: caster/brown/muscovado sugar, honey)

Flavourings (options: vanilla essence, juice/zest of lemon/lime/orange, cinnamon, ginger, mixed spice)

Method:

1. Wash, peel and prepare all fruits. Remove stones and pips and chop into small chunks.
2. Add fruit to the blender and process until smooth. Add liquid and yoghurt to the fruit mixture and process.
3. Add any other optional sweeteners/flavourings and blend until smooth.
4. Pour into a glass and serve.
5. Wash up and put away.



KOFTAS

Ingredients:

- 200g lamb mince
- 1 small onion
- 1 clove of garlic
- $\frac{1}{2}$ red chilli
- 1 sprig of parsley, mint and coriander
- 1 tsp. cumin



Method:

1. Peel, chop and deseed the onion, garlic and chilli. Put them in a food processor and blitz.
2. Add the mince, cumin and herbs, blitz again.
3. Sprinkle a little flour onto a chopping board and divide the mixture and shape into 8 balls.
4. Thread the meatballs onto the skewers. Place on a baking tray and bake for 15-20 minutes. The meatballs should be cooked thoroughly and not pink.
5. Serve with pitta and salad.

PIZZA

Ingredients:

1 ready made pizza base

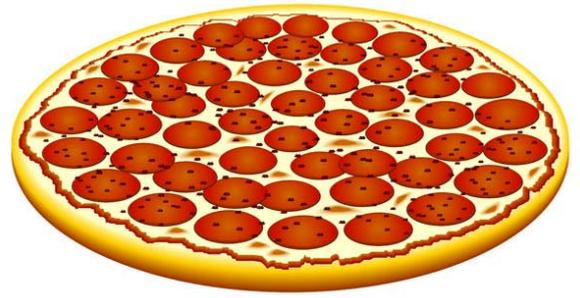
100g grated cheese

1 onion

2 tbsp. tomato puree

You can also choose 2 or 3 items from the list below:

$\frac{1}{2}$ pepper, few mushrooms, ham, tuna, salami, small tin of pineapple, small tin of sweetcorn.



Method:

1. Turn oven on to 220°C.
2. Put the pizza base on baking tray.
3. Peel and chop all the vegetables. Spread the tomato puree on the pizza base and then add the vegetables and toppings, spread them out evenly. Add grated cheese.
4. Bake for about 10 minutes or until the base is cooked.
5. Place on a cooling rack.

BRING TIN FOIL TO COVER YOUR PIZZA TO TAKE HOME

RICE SALAD

Ingredients:

75g long grain rice (easy cook)

1 large tomato

25g frozen peas

25g sweetcorn



Optional ingredients: tuna, peppers, mushrooms, cucumber, raisins, cooked chicken or ham.

Optional dressings: fresh parsley, mayonnaise, salad cream, French/Italian dressing.

Method:

1. Cook the rice in a pan of boiling water for about 11 minutes.
Add peas to boiling rice 3-5 minutes before rice is cooked.
2. Drain the water from the rice and allow to cool.
3. Cut the washed tomato in half and remove the seeds/pips. Dice the tomato.
4. Wash and chop the parsley (if using)
5. Mix all the ingredients together and serve in a vegetable dish.
Add dressing if using.

**** A CONTAINER TO TAKE YOUR FOOD HOME ****

ROASTED VEGETABLES

1. Preheat oven to 220°C.
2. Wash and prepare vegetables.
3. Cut into chunks.
4. Place on a baking tray and drizzle with olive oil and season.
5. Bake until soft.
6. Serve with bread option and use houmous.



SCONES

Ingredients:

200g self raising flour

50g hard margarine

140ml milk

Other optional ingredients:

50g sugar, 50g dried fruit or 75g cheese



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Method:

1. Turn oven on to 210°c.
2. Grease baking tray/line with parchment paper.
3. Sieve flour and rub in margarine.
4. Add half the milk and mix, add more milk if needed and mix to make a soft but not sticky dough.
5. Flour table and knead lightly. Roll with a rolling pin or flatten with your hand and then cut shapes out of the dough with pastry cutter. Place scones on baking tray.
6. Glaze with a little milk.
7. Bake for 10-15 minutes or until golden brown.
8. Cool on a wire cooling rack.

****A container to take scones home in****

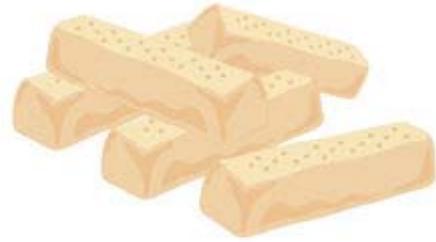
SHORTBREAD

Ingredients:

150g plain flour

100g hard margarine

50g caster sugar



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Method:

1. Turn oven on to 170°C.
2. Rub ingredients together until they start to get sticky. Using your hands, knead the mixture until you have a soft, pliable ball of dough.
3. Flour the table lightly and roll the dough carefully so that it does not crack around the edges. Make it about half centimetre thick.
4. Prick dough all over with a fork.
5. Cut shapes with the cutters and place them on the baking sheet, leaving room between each one in case they spread in the oven.
6. Bake for about 20 minutes until they are just turning brown around the edges.
7. Leave them on the baking sheet for 2 minutes before trying to move them on the cooling rack.

SPICED ROOT VEGETABLE SOUP

Ingredients:

1 onion

1 potato

1 carrot

1 parsnip

35g dried lentils

1 stock cube (options: vegetable, chicken, beef)

600ml water

1 tbsp oil (olive/sunflower)

$\frac{1}{2}$ tbsp. spice/seasoning (options: cumin, paprika, coriander, dried chilli, mixed herbs)

$\frac{1}{2}$ tbsp. fresh herbs for garnishing (options: coriander, chives)

Pinch of salt and pepper



SPICY BEAN BURGERS

Ingredients:

- 1 slice of bread crumbs
- $\frac{1}{2}$ onion
- 1 medium green chilli
- 1 can red kidney beans
- 1 tsp. chilli powder
- 1 tsp. dried mixed herbs



Method:

1. Turn oven on to 180°c.
2. Put the bread in a food processor and blitz to make breadcrumbs, put into a bowl.
3. Peel, chop and deseed the onion and chilli.
4. Drain the kidney beans, place them and onion, chilli and herbs in food processor and blitz it will form a thick paste like mixture. Add it all to the breadcrumbs and mix thoroughly. On a lightly floured chopping board, divide and shape the bean mixture into 8 small patties.
5. Place on a baking tray and cook in the oven for 15 minutes. Serve with pitta and salad.

SWEETCORN RELISH

Ingredients:

- 1 tbsp vegetable oil
- 1 shallot, finely chopped
- 200g fresh corn
- 1 red chilli, deseeded and finely chopped
- 75ml cider vinegar
- 25g caster sugar
- $\frac{1}{2}$ tsp dry mustard powder
- Handful coriander leaves, finely chopped



Method:

1. Heat the oil a saucepan. Tip in the shallot and cook for 5 minutes until softened. Stir in the remaining ingredients (except the coriander) with $\frac{1}{2}$ tsp salt.
2. Bring to the boil, then cook for 10 minutes until the corn golden and the sauce coats the kernels. Add the coriander, if using, and leave to cool.

TZATZIKI

Ingredients:

175g Greek yoghurt

$\frac{1}{4}$ cucumber

1 tbsp. lemon juice

1 clove of garlic

Dash of extra virgin olive oil

Paprika for sprinkling



Method:

1. Peel and deseed the cucumber.
2. Grate or finely slice the cucumber.
3. Place in a sieve to drain excess liquid.
4. Combine the yoghurt, cucumber, lemon juice and garlic in a mixing bowl. Add a dash of olive oil and sprinkle with paprika.

VEGETABLE AND NOODLE STIR FRY

Ingredients:

$\frac{1}{2}$ red onion

$\frac{1}{2}$ large carrot

$\frac{1}{4}$ yellow, red, orange pepper

2 mushrooms

1 spring onion

1 clove of garlic

Piece of fresh ginger

50ml soy sauce

15ml honey

Rice noodles

