

Food and Nutrition Recipe Booklet Year 7

Name:	
Form:	
Group, day, period:	
Teacher:	





Expectations for practical lessons

- Long hair tied back.
- Short nails and no nail varnish or false nails.
- Long sleeves to be rolled up.
- No jewellery.
- Wear an apron.
- Blazers in cupboard.
- Wash hands before cooking.
- Leave ingredients in food room before morning registration.
- Cold ingredients to be stored in the fridge.
- Clearly label all ingredients with your name and form.
- Bring a **labelled** container to take food home in.
- Wipe down work surfaces before cooking.
- Cover cuts with a waterproof plaster.
- Spillages wiped up immediately and reported to Teacher/Technician.
- Report to Teacher/Technician if any accident occurs during the lesson.
- Use hot water and detergent for washing up.
- Work as a team.
- Show clean dry equipment to Teacher/Technician before returning to correct place.
- Wipe cooker tops down after use.
- Leave sink area clean and dry.
- Place wet and dirty cloths and tea towels in the washing basket provided.
- Collect cooking after school.

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

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 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 10-15 minutes or until golden brown.
8. Allow to cool on a wire cooling rack.

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

Herby veggie crumble

Ingredients

40g butter or margarine

150g wholemeal flour

50g cheese (Cheddar, Feta, Parmesan)

50g oats

2 tspn mixed herbs (parsley, coriander, rosemary, thyme)

2 leeks (small)

1 red pepper

4 mushrooms

1 can chopped tomatoes (400g)

Other vegetable options:

Broccoli, sweetcorn, aubergine,
celery

Method

1. Preheat the oven to 210°C.
2. Rub in the butter or margarine into the flour until it resembles breadcrumbs.
3. Grate the cheese.
4. Stir in the grated cheese, oats and 1 tspn spoon mixed herbs.
5. Slice the leeks and red pepper.
6. Quarter the mushrooms.
7. Arrange the vegetables in a baking dish.
8. Pour over the canned tomatoes and 1 tspn spoon mixed herbs.
9. Sprinkle the crumble topping over the vegetables.
10. Bake in the oven for 15 -20 minutes, until golden.

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.

SCONES

Ingredients:

200g self raising flour

50g hard margarine

130ml milk

Other optional ingredients:

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



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****

PINWHEEL SCONES

Ingredients:

200g self raising flour

50g hard margarine

130ml milk

Filling ingredient options:

Brown sugar, cinnamon, mixed spice,
jam, cheese, herbs, tomato puree etc.



Method:

9. Turn oven on to 210°C.
10. Grease baking tray/line with parchment paper.
11. Sieve flour and rub in margarine.
12. Add half the milk and mix, add more milk if needed and mix to make a soft but not sticky dough.
13. Flour table and knead lightly. Roll dough into a rectangle with a rolling pin.
14. Spread over your choice of filling.
15. Roll up into a sausage shape starting at the short edge.
16. Slice into 1-2cm pieces and lay flat onto the baking tray.
17. Bake for 10-15 minutes or until golden brown.
10. Cool on a wire cooling rack.

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

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 of your choice eg: sprinkles

**** 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.

SPICED ROOT VEGETABLE SOUP

Ingredients:

- 1 onion
- 1 potato (options: sweet potato)
- 1 carrot
- 1 parsnip
- 35g dried lentils (options: red, green, puy)
- 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



Method

1. Peel and chop the onion.
2. Top and tail the carrot, then peel and dice.
3. Top and tail the leek, then slice.
4. Peel and cube the potato.
5. Slice the celery.
6. Heat the oil in a saucepan and fry all the vegetables, except the potatoes, for 3 minutes.
7. Add the stock to the saucepan and bring to the boil.
8. Add the potatoes and simmer for 20 minutes.
9. Blend if you want a smooth soup.
10. Stir in the chopped coriander and serve.

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 ****

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



METHOD:

1. Wash, peel and thinly slice all the vegetables
2. Peel and grate the fresh ginger, peel and crush the garlic.
3. Cook the noodles according to the packet instructions.
4. Meanwhile, heat the oil in a wok or large frying pan, then stir-fry the red onion, carrot and peppers over a high heat for 2-3 minutes. Add the mushrooms and spring onions and fry for 1 minute. Add garlic and ginger and fry for last few seconds.
5. Drain the noodles thoroughly, then stir-fry with the vegetables for 1 min.
6. Mix together the soy sauce and honey, stir into the pan, then cook for 1-2 minutes. Divide between individual plates or bowls and serve immediately.

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.

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

BREAD ROLLS

Ingredients:

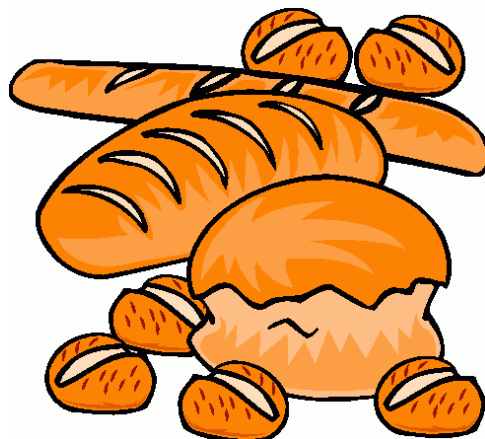
250g STRONG white flour

1tbsp oil

150ml water (warm)

1 level tsp salt

1 sachet quick acting dried yeast



Toppings: 1 tbsp milk, 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 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. Brush with milk and sprinkle over seeds.
9. Bake for 15-20 minutes until golden brown/ hollow sound when tapped.
10. Evaluate and clean area.

****Labelled 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 200°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 10 minutes until golden brown and crisp. Cool on a wire rack.

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

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.

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

SCONE BASE PIZZA

Ingredients:

250g Self raising flour

50g Hard Margarine

125ml Milk

Pinch of salt

Herbs

Toppings:

100g grated cheese (cheddar/mozzarella)

2 tbsp. tomato puree

2 toppings from the following: pineapple, sweetcorn, mushrooms, peppers, onions or tomatoes.

- 50g of cheese can be brought to put in the pizza base.

Method:

1. Light oven to 220°C.
2. Prepare baking tray - cover with foil or grease lightly.
3. Put flour, salt, herbs and margarine into a mixing bowl.
4. Use your fingers to rub margarine into flour until it looks like breadcrumbs.
5. Stir in extra cheese if using.
6. Add half the milk and stir with palette knife. Add extra milk if needed until a soft BUT not sticky dough is formed.
7. Roll dough out onto a work surface sprinkled with flour and place onto a baking tray.
8. Leave to one side while preparing the toppings.
9. Chop toppings into small pieces, leave to one side.
10. Spread tomato puree with palette knife over base (not too near edge)
11. Put grated cheese and other toppings on and cook for 10-15 minutes until it looks like your favourite pizza.



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

KOFTAS

Ingredients:

- 200g lamb mince (options: beef, chicken, turkey)
- 1 small onion
- 1 clove of garlic
- $\frac{1}{2}$ red chilli
- 1 sprig of parsley, mint and coriander
- 1 tsp. cumin
- 4 wooden skewers



Method:

1. Turn on the oven to 200°C
2. Peel, deseed and finely chop the onion, garlic, chilli and herbs. Add to a bowl with the mince and cumin. Mix together thoroughly.
3. Sprinkle a little flour onto a chopping board and divide the mixture and shape into 6 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 in the centre.
5. Serve with pitta and salad or roasted vegetables.

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

ROASTED VEGETABLES

Ingredients

Choose a selection of vegetables from the following options:

Courgettes, onions, mushrooms, peppers, tomatoes, aubergine, sweet potatoes, celery, root vegetables.

Seasonings - salt, pepper, dried herbs, chilli flakes.



Method

1. Preheat oven to 220°C.
2. Wash and prepare vegetables.
3. Cut into chunks.
4. Place on a baking tray, drizzle with olive oil and season.
5. Bake for 15 - 20 mins until soft.
6. Serve with bread and houmous.

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

Vegetable and Halloumi Kebabs

Ingredients:

200g Halloumi cheese

1 Red pepper

1 Courgette

6 Cherry tomatoes

Dressing:

Small bunch Fresh mint

1 Fresh chilli

1 Lemon

2 tbspn Olive oil

4 wooden skewers



Method:

6. Turn on the oven to 200°C

7. Pick the mint leaves off the stalk and finely chop

8. Grate the lemon zest

9. Deseed the chilli and finely chop

10. Mix all the above ingredients into a mixing bowl with the olive oil and season with salt and pepper

11. Cut the halloumi into 2cm chunks

12. Wash and deseed the pepper and cut into chunks, wash and slice the courgette into ribbons with a speed peeler.

13. Mix the vegetables and halloumi into the mixing bowl with the dressing

14. Thread all ingredients alternately onto the skewers and bake on a tray with greaseproof paper for 15 minutes.

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

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 in****

Tropical granola bars

Ingredients

50g butter or margarine

4 Tbsps golden syrup

150g oats

1 tsp spice

40g seeds

40g desiccated coconut

75g dried fruit



Method

1. Preheat the oven to 180°C.
2. Place the butter or margarine and syrup into a saucepan and gently heat until the butter or margarine has melted.
3. Stir in all the other ingredients.
4. Spoon the mixture into the foil container and pat down firmly.
5. Bake for 15 minutes, until lightly browned.
6. Remove from the oven and chill.
7. Turn out of the container and cut into bars.