



Y7 RECIPES

Academic Year: 2018-2019



Sweet Scones

Ingredients List:

400g S.R. Flour
100g butter or margarine
100g caster sugar (do not add if making cheese scones.)
200ml milk
100g sultanas or chopped cherries or grated apple
25g extra flour for rolling out

Alternative Ingredients:

YOU COULD USE WHOLEMEAL FLOUR IF YOU WANT TO HAVE A HEALTHIER ALTERNATIVE. IF YOU HAVE A GLUTEN ALLERGY PLEASE BRING GLUTEN FREE FLOUR PLUS 1-2 TSP XANTHAN GUM POWDER

Method:

1. Put ingredients onto a white tray. Wash the work surface. Tie long hair back, put an apron on and wash hands.
2. Collect all the equipment you need: - mixing bowl, measuring jug, tablespoon, palette knife, 5cm biscuit cutter and baking tray.
3. Preheat oven Gas mark 8 /220°C
4. Sieve the flour into a mixing bowl. Add the margarine. Cut into small pieces and rub in with your fingers.
5. The mixture should look like fine breadcrumbs. Add sugar and any flavouring you have chosen.
6. Stir in HALF of the milk. Then add HALF of the remaining milk. Stir in with palette knife until mixture is starting to clump together.
7. Use your hands draw the mixture together. It should be a soft, but not sticky dough.
8. Turn out onto a floured surface and roll out no thinner than 2.5cm thick. Cut out with a 5cm cutter.
9. Place on a floured baking tray. Brush each scone with a little milk.
- 10 Bake in oven 220°C for 8-10 minutes until they are risen and golden brown.

Savoury Scones

Ingredients List:

400g S.R. Flour
100g butter
250ml milk
75g strong cheddar cheese (GRATED)
25g chopped sun dried tomatoes
25g olives (chopped)
¼ tsp mustard powder
25g extra flour for rolling out

Alternative Ingredients:

YOU COULD USE WHOLEMEAL FLOUR IF YOU WANT TO HAVE A HEALTHIER ALTERNATIVE. IF YOU HAVE A GLUTEN ALLERGY PLEASE BRING GLUTEN FREE FLOUR PLUS 1-2 TSP XANTHAN GUM POWDER

Method:

1. Put ingredients onto a white tray. Wash the work surface. Tie long hair back, put an apron on and wash hands.
2. Collect all the equipment you need: - mixing bowl, measuring jug, tablespoon, palette knife, 5cm biscuit cutter and baking tray.
3. Preheat oven Gas mark 8 /220°C
4. Sieve the flour into a mixing bowl. Add the butter. Cut into small pieces and rub in with your fingers.
5. The mixture should look like fine breadcrumbs. Add 50g grated cheese, chopped sundried tomatoes and olives. Add ¼ tsp mustard powder. Mix in well.
6. Stir in HALF of the milk. Then add HALF of the remaining milk. Stir in with palette knife until mixture is starting to clump together.
7. Use your hands draw the mixture together. It should be a soft, but not sticky dough.
8. Turn out onto a floured surface and roll out no thinner than 2.5cm thick. Cut out with a 5cm cutter.
9. Place on a floured baking tray. Brush each scone with a little milk. Place a little mound of grated cheese on top of each one.
10. Bake in oven 220°C for 8-10 minutes until they are risen and golden brown.

Fresh Fruit Salad

Ingredients List:

1 apple
1 orange
1 banana
50g grapes
1 lemon
100ml fresh fruit juice

Method:

1. Put all ingredients onto white tray. Sanitise the work surface. Tie long hair back. Put apron on and wash hands.
2. Get out all the equipment you need: CHOPPING BOARD, LEMON SQUEEZER, SHARP KNIFE, VEGETABLE PEELER, SMALL BOWL, LARGE BOWL AND MEASURING JUG.
3. Cut lemon in half. Make sure you cut through the middle and not from top to bottom.
4. Squeeze the juice from the lemon and put into a small bowl.
5. Cut the apple into quarters. Remove the core. Then slice into bite sized pieces. Put the apple into the lemon and stir until it is all covered in the lemon juice.
6. Peel the pear. Cut into quarters and remove core. Slice into bite sized pieces. Put into lemon juice and stir to cover. Place in large mixing bowl. Pour the orange juice over the fruit to cover.
7. Cut the top and bottom off the orange. Carefully slice the peel off the orange, making sure that you remove all of the white pith. Holding the orange gently in your hand remove the segments with a sharp knife. Place into bowl with the rest of the fruit.
8. Remove grapes from the bunch. Cut each one into half and remove the seeds. Place into serving bowl with the drained apple and pear.
9. Remove the stalks from the strawberries and cut into halves or quarters depending upon the size of the fruit.
10. Cut the peach into half. Cut out the stone. Slice and cut into bite sized pieces.
11. Remove the skin from the banana and slice quite thickly then toss in the lemon juice.
12. Put all fruit together in serving bowl. Chill in the fridge until ready to eat.

Pasta Bake

175g Pasta shapes, e.g. penne, fusilli
400 g tin chopped tomatoes
1 onion chopped
100g mushrooms or peppers or sweetcorn
2 Tbsp Olive oil
150g Mozzarella Cheese
50g Cheddar cheese, grated
2 tsp mixed herbs
1 clove garlic
Salt and pepper

Bring in a large oven proof dish to cook in

Bring in a suitable container/bag to carry home pasta in

Method:

1. Collect equipment, organise work area.
2. Heat oven to 200C/Gas 6.
3. Fill pan 2/3 full with water and place on heat to boil. When water is boiling add the pasta carefully using a slotted spoon, and simmer for 10 minutes until pasta is tender.
4. Place a colander in the sink and carefully drain the pasta in the colander. Transfer the pasta into an ovenproof dish.
5. Whilst pasta is cooking prepare vegetables, cheese and garlic on a green chopping board.
 - Grate cheese using a grater
 - Chop the onions carefully
 - Peel and finely cut the garlic
6. Gently heat oil in a saucepan, and then add onion, vegetables and garlic.
7. Add tomatoes, herbs and seasoning. Bring to the boil, and remove from the heat.
8. Pour over the pasta, add the chopped mozzarella and mix well.
9. Sprinkle over the grated cheddar and place in oven for 10 minutes.
10. Wash up, tidy area and check equipment

Chicken or Fish Goujons

Ingredients List:

2 chicken breast fillets OR 300 g salmon or cod fillet (mozzarella balls for vegetarians)
50g breadcrumbs
1x5ml spoon mixed herbs
20 g fresh grated parmesan
1 tsp paprika
1x15ml spoon plain flour
1 egg, beaten
2 tblsp oil
Equipment -Baking tray, grater, fork, small bowl, fork, knife, chopping board.

Method

1. Preheat the oven to 200C or gas mark 6.
2. If you have fish, put it in an ovenproof dish and place in the oven for 10 minutes.
3. Mix the breadcrumbs, herbs and parmesan cheese together in a small bowl.
4. Pour the flour on a small plate.
5. Beat the egg in a small bowl using a fork.
6. Take the fish out of the oven and remove the skin carefully.
7. Cut the raw chicken or fish into 'nuggets' (approximately 4cm x 3cm chunks). What colour chopping board should you use and why?
8. Dust the chicken in the flour. (The flour will make the egg stick to the chicken/fish without sliding off).
9. Dip the floured chicken/fish in the beaten egg. The egg will bind (stick) the breadcrumbs to the chicken/fish.
10. Roll in the breadcrumb mixture.
11. Place on the baking tray.
12. Repeat steps 8-11 for all the chicken/fish pieces.
13. Bake in the oven for 20 minutes, until golden brown. **Remember to wear oven gloves when moving items in and out of the oven.**
14. Use a food probe to check that the core temperature of your chicken is at least **75°C** to ensure that pathogenic bacteria such as salmonella has been destroyed.

Tips

- * Add garlic, chilli, fresh herbs or spices to the breadcrumbs.
- * Change the chicken for pieces of fish, such as cod and haddock.
- * Make your own breadcrumbs – either whiz bread in a blender or use a grater. Use different types of bread for variety.
- * Serve with a tomato salsa/relish.

Vegetable Soup

Ingredients List:

- 1 onion
- 1 clove of garlic
- 1 carrot
- 1 leek
- 1 potato
- 1 celery stick
- 1 x 10ml spoon oil
- 600ml stock (water and stock cube)
- 1 x 15ml spoon coriander or mixed herbs



Method:

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 5 minutes.
7. Add the stock to the saucepan and bring to the boil.
8. Add the potatoes and simmer for 20 minutes.
9. Stir in the chopped coriander and serve.

Top tips

- Try using a sweet potato.
- Vary the types of vegetables used depending on what is in season.
- Add canned or frozen sweet corn or a can of beans.

Jam Tarts

Ingredients List:

50g plain flour

125g cold butter

3-6 tbsp cold water*

½ jar of mincemeat/jam or lemon curd

A container to take home in

Method:

- 1) Preheat the oven to 180°C fan/Gas 6.
- 2) Grease a 12-hole bun tin.
- 3) Sieve the flour into mixing bowl.
- 4) Rub in the butter to resemble breadcrumbs.
- 5) Add water & mix to form a dough.
- 6) Flour the work surface lightly.
- 7) Roll out the pastry dough.
- 8) Use the circle cutter to cut out the pastry.
- 9) Push the circles into the bun tin and prick with a fork.
- 10) Fill with 1 tsp jam or lemon curd.
- 11) Bake in the oven for 20 minutes until golden.
- 12) Cool on a wire rack.

Chocolate Chip Muffins

Ingredients List

225g self raising flour
½ tsp bicarbonate of soda
½ tsp salt
100g – 150 g caster sugar
3 tblsp cocoa powder
1 egg
240ml milk
1 tsp vanilla essence
90 ml vegetable oil
1 packet of chocolate chips
12 muffin cases

Method

1. Put all ingredients onto a white tray. Wash work surface. Tie long hair back, put an apron on and wash hands.
2. Put muffin cases into the muffin tins. Preheat oven 160° C/ Gas mark 4. Get out all the equipment you will need:-
2 x MIXING BOWLS,SIEVE,TABLESPOON, MEASURING JUG, WHISK, WOODEN SPOON , SPATULA, MUFFIN TRAY AND COOLING RACK.
3. In a large bowl sieve the flour, bicarbonate of soda, salt, sugar, chocolate chips and cocoa powder.
4. In another bowl mix the egg, milk, vegetable oil and vanilla essence.
5. Stir the wet ingredients into the dry. Stir until no more dry ingredients can be seen. Don't beat it.
6. Put the mixture into the muffin cases. Bake straight away. Do not leave to stand.
7. Bake for 20-25 minutes.
8. Remove from the oven and leave to cool on a cooling rack.

Blueberry Muffins

Ingredients List

225g / 9 oz plain flour
3 tsp baking powder
½tsp salt
100 g / 4 oz caster sugar
1 egg
225 ml / 8 fl oz milk
90 ml / 3 fl oz vegetable oil
1 punnet blueberries

Method

1. Put muffin cases into muffin tins. Preheat the oven 160°C / gas mark 4.
2. In a large bowl, sieve the flour, baking powder, salt and sugar together.
3. In a separate bowl, beat the egg, milk, vegetable oil and blueberries together.
4. Pour all of the wet ingredients into the flour mixture. Stir until it is just mixed together.
Do not beat.
5. Put the mixture into the muffin cases. Bake straight away. Do not leave to stand.
6. Bake for 20 – 25 minutes until golden brown.

Lemon Muffins

Ingredients List

225g Self raising flour
2 tsp baking powder
½tsp salt
100 g caster sugar
1 egg
225 ml milk
1 tsp finely grated lemon rind
90 ml vegetable oil

Icing

Only if there's enough time...
75g icing sugar
3-4 tsp lemon juice
¼ tsp grated lemon rind.

Method

1. Put muffin cases into muffin tins. Preheat the oven 160°C / gas mark 4.
2. In a large bowl, sieve the flour, baking powder, salt and sugar together.
3. In a separate bowl, beat the egg, milk, vegetable oil and lemon rind together.
4. Pour all of the wet ingredients into the flour mixture. Stir until it is just mixed together. Do not beat.
5. Put the mixture into the muffin cases. Bake straight away. Do not leave to stand.
6. Bake for 20 – 25 minutes until golden brown.
7. Mix the icing ingredients together until smooth. Put a tsp onto each cool muffin and smooth. Leave to set.

Bolognese Sauce

Ingredients List

400- 500g minced beef or lamb or Quorn
1 onion
1 clove garlic
50g mushrooms
1 green or red sweet pepper
1 x 400g tin tomatoes
2 – 3 tblsp tomato puree
1 tsp mixed herbs
Salt and pepper
Plastic box with a tight fitting lid to carry it home
Clean teatowel

Method

1. Put all ingredients onto a white tray. Wash and sanitise work surface. Tie long hair back, put on an apron and wash hands.
2. Peel and chop onion finely. Peel, crush and finely chop garlic. Chop mushroom and pepper. Open tin of tomatoes.
3. Dry fry the minced beef until grey brown in colour. Add the tomato puree and cook for 1 – 2 minutes.
4. Then add all the chopped vegetables continue to cook for a further 3 – 4 minutes.
5. Stir in tomatoes. Fill the tomato tin with water and add this to the saucepan. Stir well.
5. Add seasoning and herbs.
6. Continue to cook over a low heat for 20 – 30 minutes.

Vegetarian Bolognese

Ingredients List

3 large carrots
1 onion
1 clove garlic
1 pepper
200g field mushrooms
125 ml vegetable stock
2 tsp chopped fresh thyme
100g tomato puree
Salt and pepper
1-2 tblsp oil

Method

1. Put all ingredients onto white tray. Clean and sanitize the work surface. Put apron on and tie long hair back. Wash hands.
2. Peel and dice carrots. Peel and dice onions. Peel, crush and finely chop garlic.
3. Wipe mushrooms then dice. Deseed and dice pepper.
4. Heat oil in saucepan. Add onions, garlic, carrots, peppers and mushrooms. Season well
5. Stir over the heat for 5 minutes until soft. Add tomato puree and cook for 2 minutes.
6. Add enough vegetable stock to cover the vegetables. Add the thyme.
7. Simmer covered for 15 – 20 minutes.
8. Blend but leave quite chunky. Check seasoning.
9. Serve hot with boiled spaghetti or Tagliatelle.