

PRACTICAL 5: Pasta or Rice Salad

Ingredients—serves 2

100g pasta shapes or long grain/easy cook rice
3 different salad vegetables: eg; spring onions, cucumber, celery, frozen peas, sweetcorn, tomatoes, red, green or yellow peppers.
EITHER 2 tablespoons (tbsp) oil* & 1 tbsp vinegar or lemon juice to make a salad dressing,
OR 1-2 tbsp mayonnaise from home
Optional: 25g grated cheese, 1 slice of ham or 1 can of tuna.

Leak proof container.



Method

- 1) Boil water in a saucepan.
- 2) Add pasta or rice.
- 3) Cook for 10-12 minutes until Al Dente (just soft).
- 4) Wash salad vegetables.
- 5) Chop vegetables into bite sized pieces.
- 6) Make salad dressing by mixing the oil and vinegar OR oil and lemon juice in a small bowl or use mayonnaise. Allow to cool if using mayonnaise.
- 7) Drain pasta or rice.
- 8) Mix together pasta or rice with salad vegetables and dressing.

* Ingredient will be provided by school

PRACTICAL 6: Pasta with Ragu sauce

Ingredients—serves 2

100g precooked pasta at home if you wish to eat it for your lunch.
1 onion
1 clove of garlic
1 tbsp oil*
1 x 400g tin of tomatoes
handful of fresh basil
black pepper*
Optional extra- 4 mushrooms or ¼ courgette

Leak proof container.



Method

1. Boil water in a saucepan.
2. Add pasta or rice.
3. Cook for 10-12 minutes until Al Dente (just soft).
4. Peel and chop the onion and peel and crush the garlic. Wash and then slice the mushrooms or dice the courgette.
5. Fry the onion for 3 minutes until soft.
6. Add garlic and cook for 1 minute.
7. Add the tomatoes and tear in the basil leaves.
8. Add a few twists of black pepper, then allow to simmer gently for 30 minutes.
9. Drain pasta or rice.
10. Mix together pasta

* Ingredient will be provided by school

Yr7

Name
Design Group
Teacher



Recipe Book

1st Food Rotation

- Bring the required ingredients every practical lesson. If for some reason you cannot bring in the ingredients, please could you bring in a note/ message on satchel:one and speak to your Food Teacher.
- **Label all your ingredients and containers with your name**
- **Make sure you tell your Food teacher if you have any food allergies or special requirements regarding food e.g. Vegetarian, religion etc.**
- **Weigh all ingredients at home.** If you haven't got weighing scales at home you are welcome to use some before school
- Bring ingredients to the food rooms **at the start of the school day.** Do not carry your ingredients around in your school bags all day for **safety reasons**
- All **food items will be disposed of at 4pm on Friday**, please notify your teacher if you have a club which affects you collecting your food. **All Tupperware/tins etc. will be taken to the charity shop at the end of every term if they have not been collected**
- If you have any queries please contact your Food Technology teacher

Reheating food safely

Grill	Microwave	Pan Fry	Oven	Saucepan

Reheating means cooking again, not just warming up. Always reheat food until it is piping hot all the way through i.e. above 75°C for at least 30 seconds. Food should only be reheated once. If ovens or grills are used for reheating, make sure they are preheated. If you re reheating food in a microwave, stir it regularly to make sure the centre of the food is thoroughly heated.

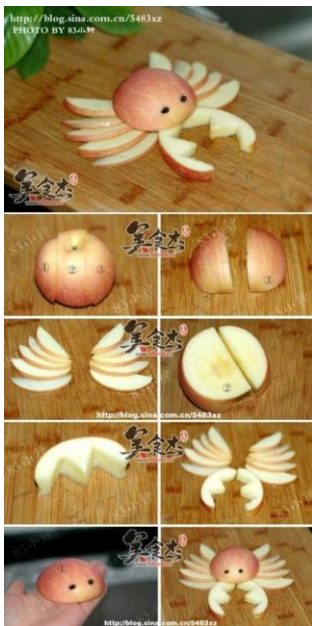
PRACTICAL 1: Crab Apple

Ingredients—

- 1 apple
- 2 raisins

Method

1. Cut the apple into thirds
2. Cut one end piece into thin strips for the legs, put the end pieces to one side, they are not needed.
3. Keep the other end piece for the body of the crab
4. Cut the middle section into smaller chunks, removing the core, and use these for the claws.
5. Add raisins for the eye of your complete end piece.
6. Finally, arrange the claws and legs on your chopping board and place the remaining apple piece on top to form the crab's body, adding raisin eyes. Team tidy up.



PRACTICAL 2: Nachos and Salsa

Ingredients— serves 2

- 1 tortilla wrap
- Choose either: Salsa:**
- 2 medium tomatoes
- 1/2 onion
- 1/2 lime— juice only
- 1/4 bunch coriander (optional)
- 1 garlic clove

OR Pea/Avocado Guacamole

- 100g frozen peas or an avocado
- 1/2 onion
- 1 ripe tomato
- 1tsp lemon juice
- 1 clove garlic
- 1 tbs Oil*

2x Leak proof containers.

Method

1. Preheat heat oven to 180°C/ gas mark 4
2. Brush your tortilla lightly with oil, making sure you cover the whole tortilla.
3. With a sharp knife, cut your tortilla in half. Cut each half in half again and again to produce eight stacks of chips.
4. Arrange the tortilla on a tray, trying not to overlap too much.
5. Bake for approx. 8-12 mins, until the chips crisp and golden.
6. Allow to cool, in the tray.

For the Salsa:

- Chop tomatoes
- Squeeze juice from lime
- Roughly chop coriander
- Mix until combined.

For the Guacamole:

- Boil Peas for 5 mins OR mash the avocado
- Dice onion, tomato and garlic
- Drain peas and mash with a fork
- Add onion, tomato, lemon juice, garlic and oil.
- Mix until combined.

*Ingredient will be provided by school



PRACTICAL 3: Pizza Pinwheel

Ingredients— serves 6-8

- 1 ready rolled puff pastry sheet
- 3 tbs tomato puree
- 100g grated cheddar cheese
- Pinch of mixed herbs*
- Container to take it home in.



Method

1. Preheat oven to 220C/200C fan/gas 8. Unroll the pastry onto a lightly floured surface and roll it out to 40 x 32cm.
2. Grate your cheese onto a green chopping board
3. Spread a layer of tomato puree all over, leaving a 1cm border around the edges.
4. Scatter the grated cheese over.
5. Starting at one of the short ends, roll the pastry up as tightly as possible.
6. Using a sharp knife cut the roll into 8 equal slices, laying them flat on to your lined baking trays as you go.
7. Brush each pinwheel lightly with beaten egg or milk and sprinkle over the herbs.
8. Bake for 12-15 minutes until puffed and golden.
9. Leave to stand for 5-10 minutes on a cooling rack before putting in to your box to take home

*Ingredient will be provided by school

PRACTICAL 4: Vegetable Frisbee

Ingredients-serves 2

- 1/4 pepper
- 1/4 courgette
- A little cheese to sprinkle on top
- 1/4 block puff pastry (not ready rolled)
- 2tbsp of Pesto or 2tbsp of tom puree

A container to take home in.



Method

- 1) Preheat the oven to 200°C.
 - 2) Lightly flour the work surface and roll out the puff pastry.
 - 3) Cut to shape.
 - 4) Prepare the vegetables.
 - 5) Spread the pesto onto the puff pastry.
 - 6) Arrange the vegetables on top
 - 7) Add a sprinkle of cheese
 - 8) Bake in the oven for 15-20 minutes until pastry is golden.
 - 8) Cool on a wire rack.
- * Ingredient will be provided by school.



PRACTICAL 11: Practical Assessment

Choose one of the recipes **you have made already** this year. You will need to make this recipe again in class under exam conditions. You will be graded on:

- Being able to **use skills for food preparation and cooking**
- **Demonstrate** safe & hygienic working practices to prepare self & environment for cooking
- **Demonstrate** how to follow recipes
- **Demonstrate** cooking skills
- **Demonstrate** safe use of equipment and utensils
- **Demonstrate** safe and hygienic cleaning and storage of equipment and utensils

Select your dishes **carefully and thoughtfully**. Higher grade dishes will include:

- High level skills
- Considered complimentary flavours
- Contrasting colours
- Good portion control
- Garnishes

Crab Apple	Pasta Salad	Scones
Nachos and Dip	Pasta and Ragu Sauce	Cheese Straws
Pizza Pinwheel	Chicken wraps	
Vegetable Frisbee	Fruit Crumble	

PRACTICAL 12: Sugar free banana muffins

Ingredients—serves 6

- 2 bananas
- 1 small egg
- 66g self raising flour
- ½ spoon of baking powder
- 25 g butter (cut into cubes)
- 6 bun cases

Method

- 1.Preheat the oven to 180C/ gas mark 4
- 2.Peel your bananas and put it into a small mixing bowl then mash them with a fork (lumpy is good, not too smooth) then crack your egg into the mixture and give it a good mix.
- 3.Put flour and baking powder in a large mixing bowl
- 4.Add the butter and use the rubbing in technique until it resembles bread crumbs
- 5.Add wet mixture to dry mixture and give it a good mix.
- 6.Spoon into bun cases
- 7.Pop in the oven for about 30 minutes or until golden brown and firm to touch.



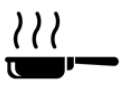
Yr7

Name
Design Group
Teacher



Recipe Book
2nd Food Rotation

- Bring the required ingredients every practical lesson. If for some reason you cannot bring in the ingredients, please could you bring in a note/ message on satchel:one and speak to your Food Teacher.
- **Label all your ingredients and containers with your name**
- **Make sure you tell your Food teacher if you have any food allergies** or special requirements regarding food e.g. Vegetarian, religion etc.
- **Weigh all ingredients at home.** If you haven't got weighing scales at home you are welcome to use some before school
- Bring ingredients to the food rooms **at the start of the school day**. Do not carry your ingredients around in your school bags all day for **safety reasons**
- All **food items will be disposed of at 4pm on Friday**, please notify your teacher if you have a club which affects you collecting your food. **All Tupperware/tins etc. will be taken to the charity shop at the end of every term if they have not been collected**
- If you have any queries please contact your Food Technology teacher

Reheating food safely				
Grill	Microwave	Pan Fry	Oven	Saucepan
				
Reheating means cooking again, not just warming up. Always reheat food until it is piping hot all the way through i.e. above 75°C for at least 30 seconds. Food should only be reheated once. If ovens or grills are used for reheating, make sure they are preheated. If you re reheating food in a microwave, stir it regularly to make sure the centre of the food is thoroughly heated.				

PRACTICAL 7: Chicken Wraps

Ingredients—serves 3

1 chicken breast or meat free alternative
200g cream cheese
1/2 red onion
1/2 red, yellow or green pepper
100g mature cheddar, **grated** ready for the lesson
3 flour tortillas
1 tsp dried garlic powder*
1/4 tsp chilli powder*
1 tsp dried coriander*
Oil for frying*



Method

1. Cut up the **chicken** into thin slices & 1/2 onion and 1/2 a pepper.
2. Heat up oil in a frying pan and add the chicken and vegetables and fry until chicken is white inside. (Check the chicken is cooked and white inside with a table knife.)
3. Add 1 tsp dried garlic, 1/4 tsp chilli powder and 1 tsp dried coriander straight into the frying pan with 200g cream cheese and make sure it is mixed well and off the heat.
5. Divide the chicken mixture between the 3 tortillas and sprinkle grated cheese on top and then roll up length ways and place in your container.
6. Team tidy up.

At home— You could add a side salad or a side of chips to make it into an evening meal. Or turn into enchiladas by putting your wraps into a oven proof dish, add a tin of chopped tomatoes on top, grated cheese and put in the oven on 180° for 20 mins.

* Ingredient will be provided by school

PRACTICAL 8: Fruit Crumble

Ingredients— serves 2/3

25g caster sugar
100g plain flour
50g oats
50g butter
300g apples or any other fruit. Eg; raspberries, rhubarb, blackberries
Optional extra; a hand full of sultanas

Small oven proof dish to cook and take home in.



Method

- 1)Preheat the oven to 190°C or Gas 5.
- 2)Put flour into mixing bowl and rub in the margarine or butter, add oats and stir in sugar.
- 3)Wash the fruit.
- 4)Prepare the fruit by removing peel & stones & chopping into similar sized pieces.
- 5)Add fruit to ovenproof dish, sprinkle crumble topping on top.
- 6)Bake at home in the oven for 20-25minutes until crumble topping is lightly golden & fruit is soft & Squidgy.

* Ingredient will be provided by school

PRACTICAL 9: Fruit or Cheese Scones

Ingredients—makes 6 scones

200g self raising flour
50g hard margarine or butter
100mls milk
EITHER 50g caster sugar &
50g dried fruit OR 50g cheddar cheese (grated)

A container to take home in.



Method

- 1)Preheat oven 200°C or gas mark 6.
- 2)Flour the baking tray.
- 3)Sift flour into the mixing bowl.
- 4)Rub in the margarine or butter until it looks like breadcrumbs.
- 5)Make a well and add milk.
- 6)Mix to make a dough.
- 7)Flour the work surface and roll out the scone dough.
- 8)Dough needs to be about 2cms thick.
- 9)Cut out scone shapes with a cutter.
- 10)Place on floured baking tray.
- 11)Cook for 10-15minutes until well risen & lightly golden.
- 12)Cool on wire rack.

PRACTICAL 10: Cheese Straws

Ingredients—makes 6 scones

100g plain flour
75g cheese
50g butter
1 egg

A container to take home in.



Method

1. Pre-heat oven to gas mark 6/200°C
2. Rub the butter into the flour until it looks like breadcrumbs
3. Grate the cheese and stir into the breadcrumb mixture
4. Crack the egg into a jug and whisk with a fork
5. Add the egg slowly to the breadcrumb mixture and mix until combined
6. Turn out onto a floured surface and roll out until 1.5cm thick.
7. Put onto a lined tray and cook for around 12-15 minutes