



Year 7 Recipe Book

Name:

Form:

Teacher:

Day and period I cook:

Weeks	Skills	Date of Practical
Health and Safety	Hazard Kitchen	
Cheese on toast	Using the grill / washing up	
Dips and Dippers	Knife skills	
French Bread Pizza	Using the oven	
Ragu Sauce	Using the hob	
Chicken Curry	Using the temperature probe	
Small Cakes	Electric hand whisk / all in one method	
Burgers and Meatballs	Food processor and handling meat	
Sausage Rolls	Using pastry, even sizes / portioning	
Scones	Rubbing in, shaping and glazing	
Own Recipe – Working independently making one of these recipes	French bread pizza Ragu sauce Chicken curry Sausage rolls	
Marshmallow Crunch	Melting method / decorating	

FOOD PRACTICAL LESSONS

Please bring all ingredients to the food room at the start of the day before AM registration. Remember to put high risk ingredients named and in the fridge.

At the beginning of the practical lesson you must tie long hair back, wash your hands. Put your apron on.

You need to follow your recipe. Place the recipe booklet it in a plastic pocket to keep it clean.

You need a container to carry your food to and from school, please make sure you have named everything.

Throughout the lesson consideration must be given to hygiene.

You must return at the end of the day to collect your dish to take home. You do not need to leave pm registration early. We cannot store food at school for long periods of time.

If you lose your booklet you can find our recipes on the schools website.

Cheese on Toast

Skills: Using the grill in the oven

Ingredients from home, please bring in a labelled container, this recipe will be eaten in class

- 2 slices of bread
- 4 slices of cheese approx. 50grms

Equipment from school

Knife, chopping board,



Method

- Pre heat the grill.
- Cover the grill pan with foil.
- Slice the cheese.
- Place bread on grill pan and top with cheese.
- Place under the grill using oven gloves remember the grill is hot.
- Keep a careful eye on the food, grill until cheese is melted.
- Turn grill off and then remove the grill pan.
- Place cheese on toast on a plate, photograph then sit down and enjoy!
- Now wash up, we need hot soapy water, a tea towel and wet cloth.

Homework: you need to create a name label on the back of this recipe booklet (A5 size), please make it colourful and bold.



Dips and Dippers

Skills: Knife skills; refrigerator 0 – 5 °C

Ingredients from home and take home boxes

- 1 carrot
- ½ red or yellow pepper
- ¼ cucumber
- Small tin of tuna / or 50grms of cheese
- Mayonnaise / Salad Cream / Cream Cheese
- ¼ teaspoon Chilli powder (available at school)
- 1 small box for the dip with name label
- 1 medium box for the dippers with name label

Equipment from school

Knife, chopping board, Vegetable peeler, Small bowl, Tin opener



Method

- Top and tail the carrot, then peel.
- Slice the carrot into sticks.
- Remove the seeds from the peppers, and slice into strips.
- Cut cucumber into thick slices.
- Drain tuna in a sieve over the sink.
- Put tuna in a bowl and add mayonnaise and chilli powder.



French Bread Pizza

Skills: Using the oven: Gas Mark 5 / 190°C

Ingredients from home and take home boxes

- ½ French stick
- Tomato sauce or Tomato puree – 3 tablespoon
- 1 tsp Mixed herbs
- Cheese – 50grms
- 2 / 3 topping or your choices
- Tin foil to cook the pizza on
- Take home box to carry the pizza home

Topping Suggestions:

(These toppings are suggestions only in the ingredients lists)

Tin of tuna Bacon
Ham Pineapple Onions Tomatoes Sweetcorn
Mushrooms Peppers

Equipment from school

Knife, Chopping board, Vegetable peeler, Tin opener, Baking tray



Method

- Pre heat oven - 190°C, Gas Mark 5
- Cut the French stick in half (Horizontally)
- Spread tomato puree/sauce over the cut French stick
- Prepare the vegetables- peel and chop them
- Open and drain any tins from the liquid
- Grate cheese
- Place cheese on top of tomato puree
- Add your filling ingredients on top of cheese
- Bake in oven for approximately 15 minutes.



Tomato Ragu (If you wish you can add minced beef for bolognaise sauce)

Skills: using the hob, thicken with tomato puree

Ingredients from home and take home boxes

- 1 onion
- 1 tbsp spoon oil
- 1 clove garlic
- 1 Can of chopped tomatoes
- 2 tbsp tomato puree
- 1 tsp dried oregano or Italian herbs (available at school)
- Salt and pepper (available at school)
- (Optional - 450 g minced beef or turkey mince, quorn mince)
- Take home dish that seals

Equipment from school

Knife, Chopping board, Vegetable peeler, Tin opener, Saucepan, Garlic press, Tablespoon (tbsp), Wooden spoon



Method

- Peel and chop the onion and peel and crush the garlic
- Fry the onions and garlic in the oil for 2 minutes, until soft.
- If using add minced meat and stir until mince is brown.
- Add the tomatoes and puree.
- Add the dried herbs and seasoning; allow to simmer gently for 20 minutes.

Chicken Curry

Skill: using a temperature probe 75°C

Ingredients from home and take home boxes

- 1 tbsp curry powder, 2 tsp garam masala, 1 tsp ground cinnamon, ¼ tsp ground ginger, 1–3 tsp medium chilli powder (available from school)
- 2 skinless, boneless chicken breasts
- Vegetable oil (Get from school)
- 400ml tin of coconut milk
- 1 bunch of spring onions
- 1 garlic clove
- Salt and freshly ground black pepper (available at school)
- Take home dish that seals

Equipment from school

Knife, Chopping board, Vegetable peeler, Tin opener, Saucepan, Garlic press, Tablespoon (tbsp), Wooden spoon, fork, scissors, temperature probe, teaspoon (tsp)



Method

- Measure all spices into a bowl.
- Cut chicken into big bite-sized chunks with scissors and season them well with salt and pepper. Add oil to the pan. Add the chicken and cook for 2–3 minutes, tossing the pieces from time to time so they brown all over.
- Add the spices to the chicken and cook for 2–3 minutes, or until you start to really smell the spices.
- Add the coconut milk. Return it to the heat, turn it up and let it bubble away for a few minutes.
- Finely chop the spring onions (both the green and the white bits) and peel and finely chop the garlic. Add them to the curry and leave to cook for 2–3 minutes, reducing the heat if bubbling too hard and giving it a stir from time to time.
- Check that the chicken is cooked by using the food temperature probe (75°) – there should be no pinkness remaining.

Small Cakes

Skills: Electric whisk, All in one method

Ingredients from home and take home boxes

- 100g Soft Margarine
- 100g Sugar
- 100g Self Raising flour
- 2 Eggs
- At least 12 cake cases
- You can also add 1 of the following: 50g currants, raisins, choc chips or cherries
- Remember to bring a named container to carry the cakes home in.

Equipment from school

Tablespoon (tbsp), Wooden spoon, teaspoon (tsp), electric whisk, bowl



Method

- Put on the oven at gas mark 5 or 190° C
- Place the cake cases in the small cake tin
- Put all the ingredients into the large bowl
- Whisk using the electric mixer for 3 minutes or until the mixture is light and fluffy
- Divide the mixture between the cake cases
- Bake for 15 – 20 minutes or until the mixture is golden brown and springy to the touch
- Put the cakes on a cooling tray
- When the cakes are fully cool put into your container to take them home in.

Homemade Beef Burgers/Meatballs

Skills: Using food processor and handling meat

Ingredients from home and take home boxes

- 250g minced beef or any minced meat
 - ½ tsp chilli powder or another herb/spice (available at school)
 - 1 small onion
 - 1 tablespoon of tomato puree
 - 1 egg
 - 1 small green pepper (optional)
- Please bring a suitable container as these burgers come home raw for you to cook on the grill or BBQ at home.

Equipment from school

Tablespoon (tbsp), bowl, grater, food processor, garlic press



Method

- Collect equipment and put on tray
- Chop onion and pepper in food processor
- Combine in a large bowl the minced meat and chilli powder, with the onion and pepper.
- Add the tomato puree and ½ egg, mix with your hands
- Divide into small round balls (for meatballs) or
- Divide mixture 4 times, using a pastry cutter pat down and shape

OR Vegetarian Burgers

Ingredients from home and take home boxes

- 2 x 400g cans of Kidney Beans
- 100g Breadcrumbs
- 2 tsp of Chilli Powder (Get from school)
- 1 egg

- Bunch of Coriander (optional)
- Please bring a suitable container as these burgers come home raw for you to cook on the grill or BBQ at home.

Equipment from school

Tablespoon (tbsp), bowl, grater, food processor, garlic press

Method

- Open the tins of kidney beans, drain and wash.
- Tip the beans into a large bowl and crush with a potato masher.
- Add the breadcrumbs, chilli powder and coriander along with the egg, and mix together with a fork.
- Divide the mixture into 6, and shape into burgers.

Sausage Rolls

Skills: Using pastry, even sizes / portioning

Ingredients from home and take home boxes

- 1 Packet bought flaky/puff pastry (frozen or fresh)
- 8 sausages
- 1 Egg
- Remember to bring a named container to carry the dish home in.

Equipment from school

Knife, Baking tray, bowl, flour dredger, bowl, pastry brush



Method

- Oven on at gas mark 7 or 220°C
- Unwrap the pastry. Roll out on a floured work surface turning occasionally so that it does not stick. The strip of pastry needs to be 30cm by 20cm.
- Cut down the middle to make 2 long, thin strips.
- Break the egg into a bowl and beat lightly. Take the skins off the sausages with scissors.
- Place each strip of sausage meat on a strip of pastry. With the egg brush down the side of the pastry and roll each pastry strip around the sausage meat.
- Brush the top of the rolls with egg and cut the rolls to size. Put holes in the top to let out steam. Place on a baking tray and cook for 30 minutes.

Scones

Skill: Shaping and glazing

Ingredients from home and take home boxes

- 225g Self Raising flour
- 50g Margarine
- 2 tablespoon sugar
- 125ml Milk Semi-Skimmed
- 50 g dried fruit (optional)
- You can make cheese scone with 50grms of grated cheese, remove the sugar
- Remember to bring a named container to carry the dish home in.

Equipment from school

Pastry cutter, Baking tray, bowl, flour dredger, bowl, pastry brush



Method

- Preheat the oven to 220°C or gas mark 7.
- Flour a baking tray.
- Sift the flour into a bowl.
- Rub in the butter or margarine into the flour until it resembles breadcrumbs. Add the sugar.
- Measure the milk
- Add the milk to the flour and mix together to form a soft dough.
- Transfer the dough to the table. The dough should be 2cm in depth
- Cut the scones. Brush with milk. With the remaining dough repeat the process.
- Place the scones in the oven and bake for 10 –15 mins, until golden brown.
- Place on cooling tray

Your own recipe, pick from the list below

French Bread Pizza

Ragu Sauce

Chicken Curry

Sausage Rolls

Marshmallow Crunch

Ingredients from home and take home boxes

- 100g of toffees (taken out of the wrappers).
- 100g Marshmallows
- 100g Margarine
- ½ Box of rice Krispies
- 50g chocolate
- Remember to bring a named container to carry the dish home in, we set the toffee crunch in it

Equipment

Wooden spoon, large saucepan, pan stand



Method

- Melt the toffee, marshmallows and margarine into large saucepan gently.
- Once melted remove from heat and place on pan stand.
- Add rice krispies and mix well.
- Spread into your tray and cool, divide the mixture into bite size pieces.
- Melt the chocolate in the microwave for 30 seconds on very low heat. Drizzle the chocolate on the top to decorate