

Year7 Recipes - 1

‘Licence to cook’

**Year 7, 'Licence to Cook' ingredients. Always remember a NAMED container to take cooking home in!**

**1) Ingredients for Fruit Fusion** (these are only suggestions, you can use own choices):

- 1 clementine or satsuma
- 6 red grapes or green grapes
- 1 kiwi fruit
- 1 banana
- 1 apple
- 2 x 15ml spoons (tbsp) orange juice

**2) Ingredients for PIZZA TOAST:**

- 2 slices bread or bagel / ciabatta roll etc.
- 1 tbsp tomato puree mixed with 1 tbsp tomato ketchup
- ½ pepper
- 1 spring onion
- 2 mushrooms and or small tomatoes
- (or topping ingredients of your choice but you should have at least one or two vegetable toppings)

**Don't forget your named container to take it home!**

**3) Ingredients for flapjack (if possible, bring a small baking or cake tin to make it in):**

- 150g rolled oats
- 50g sugar (any kind)
- 50g margarine
- 35g (2 rounded tablespoons) golden syrup
- 75g dried fruit (sultanas, apricots etc.)

**\* ingredients available from school, if needed.**

**4) Ingredients for fruit muffins (Don't forget 12 muffin cases and your named container to take them home!):**

- |                            |                    |
|----------------------------|--------------------|
| 250g self raising flour    | 1 egg              |
| 1tsp baking powder*        | 230ml milk         |
| 80g white granulated sugar | 60ml vegetable oil |
| 75g dried fruit            | 12 muffin cases    |

**5) Ingredients for chunky tomato soup:**

- 1 x tin chopped tomatoes (440g)
- 1 (of each) small carrot, potato and onion
- 1 stock cube
- ½ tsp sugar + ½ tsp chilli, herbs etc.

***Leak proof, named container to take it home in!***

**6.) Scones**

- 8oz (225g) Self Raising Flour
- 2oz (50g) butter
- 4fl oz / 125ml milk
- Cheese scones – 1tsp dry mustard, 2oz (50g) grated cheese
- Plain scones – 1 oz (25g) caster sugar

***Christmas Recipe – Chocolate Biscuit Cake.***

***Ingredients:***

- 120g unsalted butter
- 50g golden syrup
- 25g caster sugar
- 180g dark chocolate
- 125g sultanas

***Decorations:***

- Your choice of:
  - flaked almonds
  - mini marshmallow
  - chopped cherries

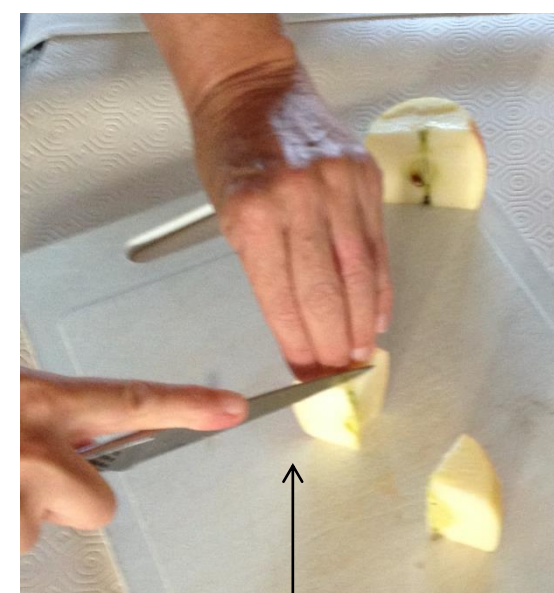
120g rich tea biscuits (crushed- can use mixture of biscuits)

**(remember to bring an ice cream box or small tin to make it in)**

1. Using the 'claw' grip, carefully cut both ends off the apple.



2. Using the 'bridge' grip, slice the apple in  $\frac{1}{2}$ , then cut each  $\frac{1}{2}$  into  $\frac{1}{4}$ .



3. Use the **claw** grip to cut out the core.

## Fruit Fusion

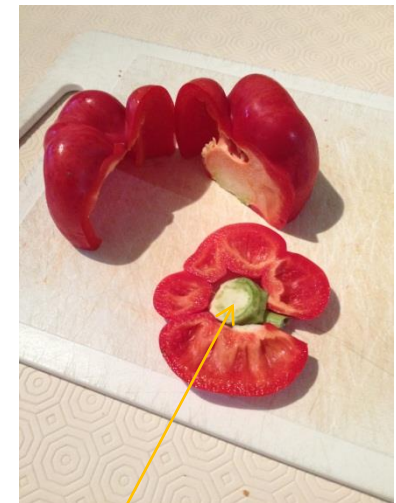
4. Carefully slice or dice the apple pieces. Place in a small bowl and sprinkle with lemon juice



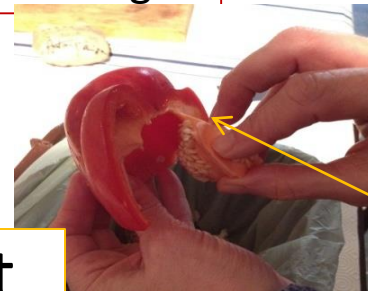
5. Repeat with pear (if using). Then slice or halve grapes, strawberries .
6. Banana can be sliced thinly (use **claw** grip) and need to be added to the bowl with lemon juice in.
7. Cut the top off the kiwi and carefully remove the peel then slice or chop into even sized pieces. Peel the clementine and divide into segments.
8. Arrange all the fruit in your container and add the fruit juice



1. Remove grill tray from oven. Turn oven onto grill setting and pre-heat to 'MAX'.
2. Place bread on grill tray and grill one side.
3. **\*REMEMBER OVEN GLOVES\*** and **\*WATCH BREAD\***
4. When lightly browned, remove from oven. Turn over when cool.
5. Using a chopping board, chop or slice any meat (e.g. ham, chicken) or vegetables (e.g. onion, pepper, mushroom). **\*BE CAREFUL WHEN USING THE KNIFE\***
6. Grate the cheese (or slice if using mozzarella)
7. Use a pallet knife to spread **non-toasted side** with tomato topping. Add other toppings and top with grated cheese.
8. Replace under grill until cheese is golden and bubbling.
9. **\*REMEMBER OVEN GLOVES\*** and **\*WATCH BREAD\***
10. Remove from grill and leave to cool before touching.



1. Cut the top off the pepper.
2. Place flat side on chopping board & cut in 1/2.
3. Remove pips with your hand



Pizza Toast



1. Preheat oven to 180°C /160(fan). Lightly brush your tin with oil and line with greaseproof paper.
2. Put margarine in a **large** saucepan. Add golden syrup and sugar and melt over a low heat (hob 7).
3. When margarine has melted, **remove from the hob, place the saucepan on a heat proof mat and turn hob off.** Add the oats and apricots/dried fruit to the saucepan and mix well.



4. Press into the tin and flatten the top.



## Flapjacks



5. USING OVEN GLOVES: Open the oven door as wide as possible and pull the oven shelf towards you slightly. **Place the flapjack tin on the shelf and carefully push it back into the oven (you should not need to reach your arms inside the oven!)**
6. Bake for about 18 - 20 minutes until it looks **golden brown**. The flapjack will not be crisp until it cools, so do not cook until it is crisp or it will be too hard. Remove the tray in the same way that you put it in to the oven **do not reach your arms inside the oven!** Place on a heat proof mat and cool in the tin for 5 minutes, then mark into pieces.

### Ingredients:

- 150g rolled oats
- 50g sugar (any kind)
- 50g margarine
- 35g (2 rounded tablespoons) golden syrup
- 75g dried fruit (sultanas, apricots etc.)



1. Pre-heat oven to

190 ° C



2. Prepare muffin tins with 10 - 11 paper cases

**THEN:**



1. In a large bowl, stir flour & baking powder with a pallet knife or spatula. Stir in sugar and any other dry ingredients (dried fruit, choc chips etc.) Make a well in the center and set aside.

2. In a separate bowl or large jug, beat egg lightly with a pallet knife. Stir in milk and oil (or melted butter).

3. Pour all of liquid ingredients (including any fresh or tinned fruit) into dry and stir **until just combined**, scraping side and bottom of the bowl as you stir. This mixing should take no more that about 20 seconds. Batter will be lumpy, but no dry flour should be visible. Do not over-stir.

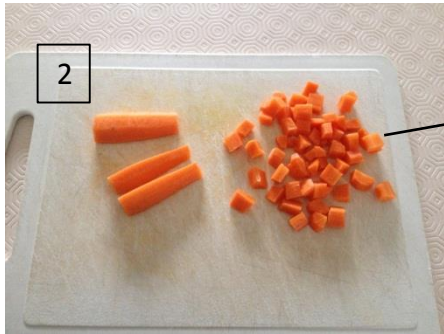
4. Fill muffin cases so that they are level with metal rim of tray (can still see about 1cm of paper case. Makes 10-11 standard size muffins.

5. USING OVEN GLOVES: Open the oven door as wide as possible and pull the oven shelf towards you slightly. **Place the muffin tin on the shelf and carefully push it back into the oven (you should not need to reach your arms inside the oven!)**

6. Bake for about 20-25 minutes (Do not open the oven door BEFORE 18 MINUTES!). **Muffins are done when tops are lightly browned and spring back when touched.** Remove the tray in the same way that you put it in to the oven **do not reach your arms inside the oven!** Carefully remove muffins from tin & place in your box – DO NOT PUT THE LID ON!



# Tomato Soup



1. Put **tomatoes** into saucepan and add **water** (refill tin or box with cold water from tap \*) and put onto hob (**HIGH - 12**)
2. Cut up carrot 1<sup>st</sup> chop up into small pieces then add to tomato. Repeat with potato and onion. **Remember, add to tomato** as soon as each is cut up.
3. Add the tomato puree (1 tbsp), sugar, stock cube and any flavourings e.g. chilli, herbs.
4. **STIR WELL** with a wooden spoon and place lid on saucepan (leave spoon in pan) . **ALWAYS USE OVEN GLOVES WHEN MOVING SAUCEPAN LID!!!**
5. As soon as liquid starts to boil stir again then **turn hob down to 4 or 3.**
6. Replace lid with spoon in saucepan as before.
7. Start clearing up but every so often, check that soup is still bubbling gently & give it a stir.
8. Cook for about 20 mins then check that carrot and potato are really **soft** and **squashy** before taking it off the heat to blend.

**\*empty, rinsed tins & cartons go in re-cycling box.**

## Ingredients:

- 1 x tin chopped tomatoes (440g)
- 1 (of each) small carrot, potato and onion
- 1 stock cube
- ½ tsp sugar + ½ tsp chilli, herbs etc.

***Container to take it home in!***





# 1.) Scones

Ingredients: 225g Flour, 125ml milk, 50g margarine, 25g sugar, 25g dried fruit.

Preheat oven to 210° C

1. Sift flour into a bowl
2. Cut butter into small pieces using a pallet knife, then rub into flour until it looks like fine breadcrumbs
3. Add any other **DRY** ingredients and mix well with palette knife.
4. Re-weigh your milk (use digital scales on ml) then add to dry ingredients. Mix to a stiff dough using a **palette knife**.
5. Bring mixture together in bowl (knead gently), using ONE HAND.
6. Press out **gently** to a flat circle, about **2cm thick. (width of 2 fingers)**
7. Cut into rounds using a pasty cutter
8. Place onto a lightly floured baking sheet
9. Brush top with milk to glaze



10. **Open the oven door as wide as possible**, then use **oven gloves** to pull the oven shelf out slightly **before** putting the tray in the shelf. Push the shelf & tray carefully into the oven **MAKE SURE YOU DON'T TOUCH THE OVEN SHELF ABOVE!**
11. Bake for 10 minutes then **open the oven door as wide as possible again** and use **oven gloves** to pull the oven shelf out slightly **before** turning your oven tray round so that your scones brown evenly.
12. After another 2 - 4 minutes **open the oven door as wide as possible again** then use **oven gloves** to pull the oven shelf out slightly **before** picking up the tray to check that your scones are fully cooked - they should be well risen and golden brown
13. Hold tray with **oven gloves** and use a pallet knife to lift scones onto a wire rack to cool down. (Scones should sound hollow if tapped on the base).





# Chocolate Biscuit Cake

## Method:

1. Cut the butter into cubes using a pallet knife and put into a **large saucepan**. Break the chocolate into small pieces and add this to the saucepan with the sugar. If your syrup is NOT measured out, stand the saucepan on the scales and zero them then weigh out 50g of SYRUP INTO THE SAUCEPAN.
2. Turn the hob onto 7 and place the saucepan on it. Melt gently, stirring with a wooden spoon or silicone spatula to stop the chocolate sticking to the bottom of the pan. As soon as all the butter has melted remove from heat and place on a heat proof mat.  
**TURN HOB OFF!**
3. Stir in the biscuits and sultanas and mix well.
4. Pour into your tin or plastic box. Decorate with cherries, marshmallows etc.
5. Leave to set in the fridge.

**Flapjack sized tin or ice cream container to make it in**



### **Ingredients:**

120g unsalted butter  
50g golden syrup  
25g caster sugar  
180g dark chocolate  
125g sultanas  
120g rich tea biscuits (crushed) or any other

### **Decorations:**

Your choice of:  
flaked almonds  
mini marshmallow  
chopped cherries