

Year 7 Recipes – 2 (*Eatwell Guide*)

Practical work is an essential part of Food Technology. For each practical lesson, remember:

•Ingredients, Box to take cooking home in, HOMEWORK, (Apron).

If you think that a recipe is not suitable for your family / too expensive etc., try:

- Making a small quantity (to eat for break or lunch),**
- Substituting a cheaper ingredient where suitable (e.g. vegetables or tinned beans for meat – also for vegetarians),**
- Leaving out or substituting flavourings for ones that you already have at home (or ask your teacher before-hand if school can provide it – recipes often only require 1tsp!)**
- If a recipe really doesn't suit you at all, ask to make a suitable alternative rather than turning up with nothing!**

Finally – if you can not cook for a particular reason, bring a note in your planner.

•If you do not bring a note or fail to bring ingredients without a good reason on more than two occasions you will be given kitchen hygiene tasks to complete.



1.) 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

Year 7 ingredient list – Eatwell Guide

*Don't forget
a named
container to
take your
cooking home
in!*

2.) Noodle or couscous salad.

Dried Noodles (about ½ packet) or
couscous (about 100g), 1 vegetable or
chicken stock cube, Own choice of
salad ingredients and dressing

3.) Scone based Pizza

Ingredients: 225g self-raising flour, 50g margarine,
4fl oz (125ml) milk, 2 tablespoons each of tomato
puree & tomato ketchup or shop-bought pizza
topping, 50g cheese (reduced fat if possible) and
own choice toppings (Please avoid using processed
meat if possible). (DESIGN PIZZA IN LESSON).

4.) Ginger oat biscuits

110g butter or margarine

110g self raising flour

1 tsp ground ginger*

110g oats

75g sugar

1 rounded teaspoon golden syrup

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

5.) Flavoured chicken wraps:

2 soft flour tortilla wraps

2 small boneless chicken thighs or 1 small chicken breast

2 or 3 spring onions

¼ red & ¼ yellow or green pepper,

1 *tblsp* sweet chilli sauce or 1 *tblsp* soy sauce + ½ *tblsp* honey

125g plain flour + **50g** wholemeal flour (or 175g of plain flour)
25g oats

1½ tsp caster sugar

½ tsp salt

½ tsp bicarbonate of soda*

175ml natural **plain** yoghurt (or dairy free yogurt)

2 *tblsp* sesame seeds (you can use pumpkin or sunflower seeds, or
just leave them out)

6. Soda Bread

7.) Tuna pasta sauce:(Remember a leak proof box to take it home.)

1 onion, 1 red or yellow pepper

2 *tins* of tuna or 1 *tin* of tuna & 1 small *tin* of white beans (e.g. cannellini or
butter beans)

1 box tomato passata (or 1 *tin* chopped tomatoes)

1 carrot

1 *tblsp* tomato puree, 1 *tsp* mixed dried herbs or thyme

1 chicken or vegetable stock cube

8.) Chocolate Pear Sponge

(remember a tin)

100g margarine (ideally reduced fat)

100g caster sugar

2 eggs, beaten

100g self-raising flour

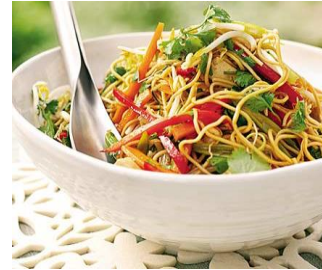
10g cocoa powder

2 fresh pears (or other fruit alternative)

Method:

3.Noodle or Couscous Vegetable Salad

- 1. Noodles (steps 1 -3)** put hot water (from tap) into a large pan with the stock cube, cover with a lid and bring to the boil (hob 12). Place noodles in a colander.
- When water is boiling, add noodles (carefully tip out of the colander) turn hob off and simmer for about 4 minutes or according to packet instructions (stir occasionally to separate).
- Stand the colander in the sink (remove bowl 1st) Drain the noodles into the colander then rinse with cold water. Return to pan, add dressing.
- 4. Couscous (steps 4 – 7)** put couscous into your container.
- Crumble stock cube into jug and add 175ml of boiling water.
- Stir until dissolved, then pour over couscous.
- Leave to stand for 5 minutes, then fluff with a fork.
- Add dressing if using.
- Prepare all salad ingredients.
- Carefully add salad ingredients to noodles or couscous in own container.



Ingredients: (Remember a container to take salad home in!)

Dried Noodles (about ½ packet) or couscous (about 100g), 1 vegetable or chicken stock cube, 2 tablespoons of low fat salad dressing (shop bought or home made – see 2nd sheet)

Own choice: choose from – cucumber, tomatoes, red/yellow/green peppers, celery, spring onions or ¼ red onion, carrots, green salad leaves (such as lettuce, rocket, watercress etc.) mushrooms, radish, beansprouts etc. You should try and have at least 3 ingredients from this list.

Other possible ingredients: - apple, pear, dried fruits (apricots, raisins etc.), tinned beans, chickpeas, sweetcorn, cheese chopped cooked meat or tuna.

1. Pre heat oven to 190 C.
2. Make scone base: rub margarine into flour and salt until they look like breadcrumbs.
3. Add approximately 125ml milk, mix with a pallet knife, then knead with your hand.
4. Roll out base on floured work surface, then put on to a piece of greaseproof paper (and cut to size).
5. Place paper with base on a baking tray
6. Cover with tomato sauce (mix tomato puree with tomato ketchup first).
7. Add your choice of toppings and put tray in oven.
8. After 12-15 minutes, turn your pizza round to check that it browns evenly (remember to **open the oven door as wide as possible** and use **oven gloves** to pull the oven shelf out slightly towards you.
9. After another 3 - 5 minutes check pizza is cooked then carefully remove tray from the oven. Use a fish slice to place the pizza on a cooling rack. Leave to cool on centre racks.
- 10. Wash up and get washing checked.**
11. When pizza is cooked, carefully lift paper off tray & place on a cooling rack. Put your name on the paper .
- 12. REMEMBER THE TRAY IS STILL HOT!** Wipe the tray clean then have it checked.

2.) Scone based Pizza



Ingredients:

225g self-raising flour, ½ tsp salt, 50g margarine, 125ml milk, 2 tablespoons each of tomato puree & tomato ketchup or shop-bought pizza topping, 50g cheese and own choice toppings.

Method:

1. Preheat oven to 180°C. Grease a baking tray.
2. Melt butter, golden syrup and sugar in a large saucepan over a medium heat - hob 7. **Remove from hob and place on a heat proof mat.**
3. Stir in the remaining ingredients.
4. Using a spoon (or your hands if mixture isn't too wet), place a medium sized biscuit amount of the mixture, well spaced out, onto the tray.
5. Cook for 10-15 minutes, or until golden brown.
6. Open the oven door & pull the shelf slightly towards you
7. Place tray on top of hob, when biscuits are firm carefully lift biscuits onto a cooling rack using a pallet knife .



Ingredients:

110g butter or margarine

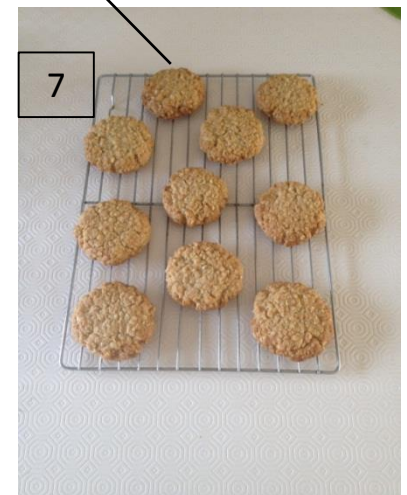
110g self raising flour

½ tsp ground ginger

110g oats

75g sugar

1 dessert spoon (10ml) golden syrup



Ginger Oat Biscuits.

(see assessment recipe sheet)

**Remember
box to take
them home!**

Ginger Oat Biscuits – Recipe ('Production Plan')

REMEMBER: You are being marked on your ability to follow the recipe (production plan) on your own, as well as making 10 - 12 even sized biscuits.

You also need to get all your equipment and surfaces clean, dry and then checked before your biscuits will be marked.



Method (stages in production):	Safety, hygiene & quality checks
1. Wash hands, put on apron, tie back hair.	Wash hands thoroughly, make sure clothing is clean and long hair tied back
2. Preheat the oven 180°C and place a sheet of greaseproof paper on a large baking tray, lightly grease paper	Wait until oven has reached correct temperature before baking biscuits.
3. Put butter, golden syrup and sugar in a large saucepan and melt over a medium heat - hob 7.	Keep stirring with a wooden spoon or spatula, do not allow butter to start to 'sizzle'. TURN THE HOB OFF once melted!!
4. Remove from hob and place on a heat proof mat.	Place mat well away from hob so that any dry ingredients won't spill on to it.
5. Stir the oats, flour, 1 tsp ginger and any other ingredients in to the butter mixture in the saucepan.	Mix well, make sure that all the oats are coated in the butter mixture and there aren't any 'dry' parts.
6. Use 1 tablespoon of biscuit mixture (or a 'golf ball' sized amount) and place on baking sheet Flatten very slightly. Repeat until all the mixture is used up	Space the biscuits about 2cm apart on the baking sheet . You should have 10 – 12 even sized biscuits
7. Cook for 10-12 minutes, or until golden brown. They will still be slightly soft.	Use oven gloves & open door fully. Turn tray round after 8 minutes and bake until all biscuits are the same colour
8. Remove from oven and let the cookies cool a few minutes on the baking sheet on the heat proof mat , before transferring them to a cooling rack using a pallet knife .	Use oven gloves & open door fully. Do not place hot baking tray directly on to work surface. Remember the tray stays hot for a long time!!

Hold the baking tray with oven gloves and throw the paper in the bin. Wipe the baking tray with a damp cloth

1. Brush a wok or non-stick frying pan with a little oil. **Cut chicken into pieces using kitchen scissors** (if needed). Turn the hob onto 8 and add the chicken to the pan.
2. **Stir** for 8 – 10 minutes (depending on the thickness of the chicken.) Make sure you use a **silicone fish slice & not a wooden spoon**.
3. Meanwhile, slice vegetables thinly add to the chicken and stir fry for 3-4 mins if you want them cooked.
4. Check the chicken is cooked through by cutting a large piece in half using your fish slice. **GET THIS CHECKED BY YOUR TEACHER!** Add the sauce and stir through for 1-2 minutes (make sure it doesn't stick!)
5. Put the mixture down the centre of the tortilla. Add half the vegetables. Spare mixture will keep for up to 2 days in the refrigerator.
6. Roll up the tortilla and put it ready for marking.

Chinese Style Chicken Wraps

100g thinly sliced (un-cooked) chicken
1tbsp clear honey + 2tbsp soy sauce
or 1 tbsp sweet chilli sauce
2 soft flour tortillas
2 or 3 spring onions

OR USE OWN CHOICE OF VEGETABLES

¼ red pepper, thinly sliced
¼ onion, thinly sliced
1 sheet baking paper
Box to take home.

HYGIENE & SAFETY:

1. Remember to wash your hands immediately if you handle raw chicken (be careful with the taps!)
2. Use a silicone fish slice & not a wooden spoon (why?)
3. CHICKEN MUST BE CHECKED BY YOUR TEACHER
4. WASHING UP – remember to use hot soapy water and to spray the work surface with a little antibacterial spray at the end.



1. Preheat the oven to 220C/425F/Gas 7. Line a baking tray with greaseproof paper.
2. Stir all of the ingredients, except the yoghurt, together in a bowl. Add most of the yoghurt and mix together to a soft dough. Add a little extra yoghurt if the dough is dry.
3. Tip the dough out onto a floured work surface and knead for a few minutes until smooth.
4. Shape into a round loaf and put on a lightly floured baking tray. Flatten slightly with your hand then mark a deep X on the top using a knife. Make sure to cut almost all the way to the bottom of the dough, so that the middle of the bread cooks all the way through.
5. Bake in the oven for 20-25 minutes.



6. Soda Bread

75g plain flour
100g wholemeal flour
25g oats
1½ tsp caster sugar
½ tsp salt
½ tsp bicarbonate of soda
2 tbsp sesame seeds (you can use linseed or sunflower seeds, or just leave them out)
175ml natural plain yoghurt (or dairy free yogurt)

INGREDIENTS:

1. *Chop the onion. Brush a **large wok pan with a little oil** and start to fry the onion (**hob 6**) Chop the pepper into small pieces & add to the wok. Use a wooden spoon to gently stir as you are frying. Cook until they are soft (don't brown).*
2. *Add the tomatoes, herbs and 1 tablespoon of tomato puree. Increase heat (**hob 12**) & bring sauce to the boil, stirring gently.*
3. *As **soon as the liquid starts to boil (large bubbles)** Turn heat back down (**hob 4**) & simmer gently for 5 minutes, stirring occasionally. Meanwhile, grate the carrot using the large side of a box grater & add this to the tomato sauce with the stock cube.*
4. *Use a sieve to drain the tins of tuna, beans & sweetcorn (if using). Add to the sauce. Stir through for 5 - 10 minutes then remove from the heat.*

Ingredients: 1 onion*1 red or yellow pepper**2 tins of tuna or 1 tin of tuna & 1 small tin of white beans**(e.g. cannellini or butter beans)**1 box tomato passata (or 1 tin chopped tomatoes)**1 carrot**1 tbsp tomato puree**mixed dried herbs or thyme**1 chicken or vegetable stock cube**Sweetcorn (optional)*

Remember
container to take
sauce home in.



1. Preheat the oven to 180°C. Grease the dish or tin.
2. Peel & core the pears, then cut each one into ¼ then use to line the base of the tin.
3. Put the reduced fat spread and sugar in a mixing bowl and sieve the flour and cocoa on top. Add the eggs, then use an electric whisk to mix together (whisk for about one minute until light and creamy).



4. Pour into your tin or baking dish and use a spatula to get all the mixture out of the bowl. Level, then arrange the pears on top.
5. Bake for about 25–30 minutes, until just firm.
6. (You could divide this between three ramekins instead.)

8.) Chocolate Pear Sponge

(remember a tin)

- 100g margarine (ideally reduced fat)
- 100g caster sugar
- 2 eggs, beaten
- 100g self-raising flour
- 1 teaspoon cocoa powder
- 2 fresh pears (or other fruit alternative)

Chocolate Pear
Sponge
(Diabetes UK)

