

Year 7 recipes_3_ remember your NAMED box!

1.) *Twice-baked jacket potatoes:*

(this recipe may be collected & eaten for break or lunch)

1 medium baking potato (pre-cooked if possible)

Optional ingredients: 1 slice of cooked chicken or 2 tbsps tuna

25g reduced fat cheese

1 spring onion, tomato, sweetcorn, ¼ red pepper etc.

2.) **Reduced sugar cheesecake:**

60g butter or margarine

200g reduced sugar ginger biscuits or digestives

250g pot of mascarpone (reduced fat) or cream cheese (reduced fat)

250g pot of fat free fromage frais

1 lime or lemon

1 tbsp honey (or 1 tbsp (15g) icing sugar)

(optional) 140g blueberries or grapes (or fruit of your choice)

3.) **Cupcakes:**

2 eggs

120g **each** of: Margarine, caster sugar & SR flour

½ tsp baking powder*

1 tsp vanilla essence*

4.) **Chocolate courgette muffins: bring 12 muffin cases**

80g sunflower oil margarine

80g sunflower oil

60g caster sugar and 130g soft brown sugar (or 190g caster sugar)

2 eggs

85ml milk

230g **plain** flour (ideally use ½ wholemeal flour)

1 ½ teaspoons baking powder

2 ½ tablespoons cocoa powder

200g courgettes, peeled and finely grated (at home if possible)

1 teaspoon or 50g **dark** chocolate chips

* ingredients available from school, if needed.

Pre-heat Oven: 200°C

1.

1. Cut the potato into two even halves and carefully scoop out centre using a tea spoon. Mash in a bowl using a fork.
2. Brush a small amount of vegetable oil on outside of potato skins, place on a baking tray.
3. Drain tuna & sweetcorn (if using)
4. Chop spring onion and any other ingredients and add to the potato in the bowl.
5. Grate the cheese and add most of this to the potato mixture (keep some cheese back for topping).
6. Mix the potato mixture then carefully re-fill the potato skins (try not to leave a gap around the edge).
7. Sprinkle the remaining cheese on top of potato and place back on baking tray. and reheat in oven for 15-20 minutes.

1 medium baking potato (pre-cooked if possible)
Optional ingredients: 1 slice of cooked chicken or 2 tbsps tuna
25g reduced fat cheese
1 spring onion, tomato, sweetcorn, ¼ red pepper etc.

Twice-Baked Jacket Potatoes



1. Mix the potato mixture then carefully re-fill the potato skins (try not to leave a gap around the edge).
2. Sprinkle the remaining cheese on top of potato and place back on baking tray. and reheat in oven for 15-20 minutes.



Assessment Criteria for twice baked jacket potatoes

1. Potato is cut into two even halves and evenly filled
2. Top is golden brown
3. Filling is smooth and well flavoured

Wash the baking tray using a green scouring pad- DO NOT PUT any washing up AWAY UNTIL CHECKED!

Ingredients:

9: exceptional
8: excellent
6-7: very good
5: good
4: satisfactory
3: just below satisfactory
2: poor

EFFORT GRADE (How hard have you tried?):

1. Not much / rushed it
2. A little
3. Fairly hard
4. Quite hard
5. Really hard / took time and care

250g potatoes 1 or 2 spring onions finely chopped

125g strong cheese (grated) 1tsp dried herbs, paprika or other flavourings (optional)

1. If not already done, bring your biscuits in a bowl to be made into crumbs in the food processor.
2. Melt the margarine or butter in a saucepan (hob 7) – do not allow it to ‘sizzle’ . Remove from the hob and stir in the crushed biscuits.
3. Press into the base of a 18cm spring sided, or loose bottomed cake tin (or use a plastic ice-cream tub or similar).
4. Place the mascarpone, fromage frais, honey, icing sugar or sweetner, in a large mixing bowl.
5. Zest the lime and add this to the same bowl. Cut the lime in ½ & squeeze out the juice into the mixing bowl using a fork (you will need to share these!)
6. Beat together using a wooden spoon or firm silicone spatula.
7. Spread over the base, being careful not to get the mixture all round the sides.
8. Top with fruit.
9. Chill in the fridge.

3.) Ginger & lime cheesecake

- 60g butter or margarine
- 200g reduced sugar ginger biscuits or digestives
- 250g pot of mascarpone (reduced fat) or cream cheese (reduced fat)
- 250g pot of fat free fromage frais
- 1 lime or lemon
- 1 rounded tbsp honey (or 20g icing sugar)
- (optional) 140g blueberries or grapes (or fruit of your choice)



- Zest the lime and add this to the same bowl. Cut the lime in ½ & squeeze out the juice into the mixing bowl using a fork (you will need to share these!)
- Beat together using a wooden spoon or firm silicone spatula.
- Spread over the base, being careful not to get the mixture all round the sides.
- Top with fruit.
- Chill in the fridge.

3.) Ginger & lime cheesecake assessment

1. Cheesecake has correct proportion of base to filling
2. Filling is smooth and evenly spread (not on edges of tin/container)
3. Attractive decoration showing fine knife skills



EFFORT GRADE (How hard have you tried?):

E-Not much / rushed it

D-A little

C-Fairly hard

B-Quite hard

A-Really hard / took time and care

9: exceptional

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- 1. Turn the oven onto 190 c & place 10-12 (5-6 if using 1 egg) paper cases in a bun tray.**
- 2. Put the margarine, sugar, SR flour + $\frac{1}{2}$ tsp baking powder in a large mixing bowl.**
- 3. Add $\frac{1}{2}$ tsp of either vanilla essence or a flavouring of your choice, e.g. lemon or orange (essence), mixed spice, cinnamon or ginger (dried powder)**
- 4. Crack the egg into this bowl (use a pallet knife)**
- 5. Using an electric whisk, beat together until light & fluffy (about 1 minute)**
- 6. Use a metal spoon to fold in any other ingredients (e.g. fruit) then divide evenly between the cake cases.**
- 7. Bake for 12 - 15 minutes until well risen & golden brown. The top should spring back when touched.**

Ingredients:

2 eggs

120g each of: Margarine, caster sugar & SR flour

$\frac{1}{2}$ tsp baking powder.

1 tsp vanilla essence

Vanilla essence

Cup Cakes



- Use a metal spoon to fold in any other ingredients (e.g. fruit) then divide evenly between the cake cases.
- Bake for 12 - 15 minutes until well risen & golden brown. The top should spring back when touched.

(To wash the tray, take the bowl out of the sink, put the plug in and fill it with 7 – 10cm warm soapy water. Place tray in USE OVEN GLOVES and allow to soak before scrubbing with a green scouring cloth. Get it checked BEFORE putting in oven to dry!)

Assessment Criteria for Cup cakes

1. Cakes are well risen and evenly browned
2. Texture is light and fluffy
3. Good flavour



9: exceptional
8: excellent
6-7: very good
5: good
4: satisfactory
3: just below satisfactory
2: poor

EFFORT GRADE (How hard have you tried?):

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Method

1. Preheat oven to 190°C/Gas Mark 5, line a muffin tin with paper cases.
2. If not already done: Peel the courgettes then grate.
3. Put the margarine, sunflower oil and both sugars in a bowl and whisk together until light and fluffy.
4. Beat the eggs together in a jug add the milk. Add this to the butter/oil mixture.
5. Sift the flour and cocoa powder into the egg mixture and fold them in using a metal spoon or silicone spatula. **Stir in the courgettes** and chocolate chips then spoon the mixture into the paper cases.
6. Bake for 25-35 minutes, until risen and firm when pressed on the top.

Chocolate Courgette Muffins



www.riverford.co.uk/recipes

Ingredients: 12 muffin cases

80g sunflower oil margarine
80g sunflower oil
65g caster sugar
130g soft brown sugar
2 eggs, lightly beaten
85ml milk
230g plain flour
1 ½ teaspoons baking powder
2 ½ tablespoons cocoa powder
200g courgettes, peeled and finely grated
1 teaspoon vanilla or 50g dark chocolate chips

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!

(To wash the muffin tray, take the bowl out of the sink, put the plug in and fill it with 7 – 10cm warm soapy water. Place tray in USE OVEN GLOVES and allow to soak before scrubbing with a green scouring cloth. Get it checked BEFORE putting in oven to dry!)

Assessment Criteria for Muffins

1. Muffins are well risen and evenly browned
2. Texture is light
3. Muffins have springy, 'muffin' top
4. Good flavour



9: exceptional
8: excellent
6-7: very good
5: good
4: satisfactory
3: just below satisfactory
2: poor

EFFORT GRADE (How hard have you tried?):

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1. Cut peppers (and ham, if using) into strips and grate the cheese.
2. Brush a little oil in a non-stick frying pan and fry the pepper strips (**hob 8**), stirring from time to time – **use a black silicone fish slice** - until the edges of the strips are caramelised, about 10 minutes. (*Add garlic and stir fry gently for 1 -2 minutes –don't let the garlic burn!)
3. Remove from the heat and set aside, leaving the peppers in the pan.
4. Break the eggs into a bowl then beat with a fork and season with salt and pepper if needed (stir in the chopped ham, if using).
5. Return the frying pan to the heat and pour in the egg mixture. Cook, stirring a little with a spatula, until there is a crust on the underside, about five minutes. Sprinkle the grated cheese over the top.
6. Turn the grill onto high and place the pan underneath (remember to have the oven door open and the pan handle pointing out so it doesn't get too hot!)
7. Grill until golden brown – remove pan using oven gloves and allow to cool slightly before putting in your box (can be cut into wedges).



Ingredients:

½ each of red and yellow [peppers](#)

3 free-range [eggs](#)

30g cheese

1- 2 slices ham (optional)

Seasoning & 1 tsp herbs or chilli

(*You can also add chopped or crushed garlic – add to pan when peppers are cooked)

Frittata

