

Year 7 Recipes



- The following recipes are from the Year 7 Food Rotation
- The students will hopefully complete one practical per week in the order of the slides where possible





Practical 1: Ragu Ingredients



- 1 Onion
- 2 cloves garlic
- Herbs
- Dribble of oil
- 2 cans chopped tomatoes
- You could add another vegetable and some tuna or ham for example



Ragu Process



- Peel and dice onion, Peel and crush garlic put in pan.
- Peel and slice any other vegetables add to pan.
- Put 1 tablespoon/dribble of oil in pan and fry gently, medium heat for 3 minutes.
- **Remember SAFETY! Turn the saucepan handle inwards.**
- Stir in tomatoes and herbs (fresh or dried), season with salt and pepper.
- Season and simmer (bubble gently, low heat) for 15-20 minutes.
- Just before end of cooking stir in drained Tuna/ham if using.
- Wash and clear away, put equipment back in correct places.
- Allow to cool, pour into container
- Reheat well at home by simmering in pan or microwave.

Practical 2: Chicken Nuggets

- The recipe:
- 1 chicken breast/1 fillet fish or turkey breast.
- 1 egg
- 50g butter
- 100g breadcrumbs (golden)
- Herbs/spices are optional (see next slide)
- A container to take it home in.



Additional flavours

- Coriander
- Mixed herbs
- Paprika
- Chilli powder
- Nutmeg
- Italian herbs
- Parsley
- Basil
- Oregano



Process for Nuggets

The process:

- Oven to 180c, gas 6. Wash hands
- Chop butter, place in a baking tray and place on worktop
- Cut up the chicken, wash hands again
- Beat the egg in a bowl, put shells and empty chicken wrappers in bin
- Sprinkle breadcrumbs onto a plate and melt butter in the oven.
- Dip pieces of chicken in the egg then roll in the breadcrumbs, wash hands
- Place in tin and cook for 10 mins, turn over and cook for 5 – 10 mins.
- Wash up in hot water, dry, check and tidy up.



Practical 3: Pasta Salad



- 200g pasta shapes
- ½ cucumber
- 2 tomatoes
- 1 carrot
- 3 tablespoons salad dressing or mayonnaise
- You could add some chopped cooked meat or drained tuna flakes.
- Other salad vegetables could be used.



Pasta Salad Process:



1. Half fill a large saucepan with hot water from the tap. Set it to boil on the hob.
2. When it is bubbling pour in your pasta – be careful not to splash the water as it will burn.
3. Stir with wooden spatula, allow to gently bubble, turn heat down.
4. Cook for 10-12 minutes, stir occasionally.
5. While it's cooking prepare other ingredients.
6. Wash, peel and chop salad vegetables.
7. Remove a piece of pasta with spoon to check it's cooked, drain pasta using a colander over the sink, rinse with cold water, drain well and place in bowl.
8. Mix salad ingredients into the pasta and stir in dressing and seasoning.
9. Clear and wash equipment.



Practical 4: Rock buns

Input:

- 225g SR flour
- 100g margarine
- 50g caster sugar
- 1 medium egg
- 7 tablespoons milk
- A container

- Oven 190oC, Gas 6

Process:

- In a large bowl rub the margarine into the flour until it resembles fine breadcrumbs.
- Add the dried ingredients (sugar and other flavours)
- Beat the egg in a jug, add in any liquid flavours.
- Make a well in the dried mix and add the egg mixing with a spoon or knife.
- Add milk gradually until you get a stiff dough.
- Spoon onto baking trays in equal amounts roughing up the tops and bake for 10-15 minutes.



Practical 5: Italian Pizza



- The base:

- 175g self raising flour
- 25g margarine
- 75g grated cheese
- 1 egg
- 8 x tablespoons milk/100ml

- The topping:

- Tomato puree or pizza topping
 - 100g cheese
 - Any suitable meat or vegetables for topping
 - A container to take it home.
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- Oven 180oC/gas 5

- The base:

1. Place flour into a large bowl.
2. Rub in margarine until it looks like breadcrumbs, add half the **grated** cheese and herbs?
3. Beat egg in a jug with fork.
4. Add egg to flour and mix in milk gradually to a soft dough, you may not need all the milk. Use a knife or spoon
5. Flour the surface and roll out dough to required shape.
6. **Place on a baking tray.**
7. Spread with tomato puree or sauce, use a spoon
8. Sprinkle 100g grated cheese on top of pizza. Add chopped meats and vegetables from design. Use chopping board.
9. Cook in oven for 15 - 20 minutes.
10. Remove from tray using fish slice, scrub tray clean



Practical 6: Shortbread Biscuits

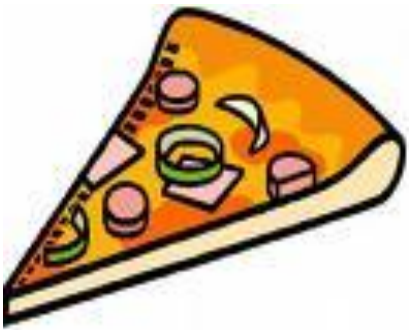


Ingredients

- 150g plain flour
- 100g margarine
- 50g caster sugar

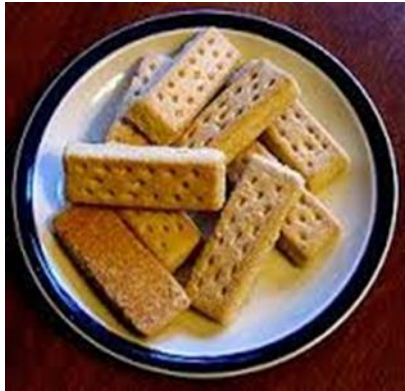
Process

- In a large mixing bowl knead together the ingredients until they make a soft dough.
- Using your hands shape either into a round sandwich tin or flatten to 1cm thick and cut into shapes using cutters
- Use pallet knife or fish slice to lift onto baking tray
- Bake for 10-15 minutes at 180oC
- Whilst it is still warm remark any cuts if using the sandwich tin.
- Decorate when cool.



Year 7 Recipes

- The following recipes are extra and may be used when time allows



German Cheese Pretzels.

- Ingredients
- 100g plain flour
- 75ml milk
- 25g grated cheese
- 20g soft margarine
- 1 teaspoon baking powder
- Quarter teaspoon sugar
- Quarter teaspoon salt



Process

- 1. Heat oven to 200C Gas 6
- 2. Grease baking tray.
- 3. Mix all dry ingredients (flour, grated cheese, baking powder, salt, sugar etc) and margarine in a bowl with a wooden spoon until a soft dough forms.
- 4. Add about 50ml milk gradually and mix.
- 5. Roll the dough gently into a ball on to floured surface. Knead 10 times.
- 6. Roll dough into rectangle.
- 7. Cut rectangle lengthwise into eight strips, then in half.
- 8. Fold and Twist each strip into pretzel shape.
- 9. Place onto the baking sheet.
- 10. Brush pretzels with milk.
- 11. Bake 15 to 20 minutes or until golden brown. Remove into container.



Almond slices practical.

- 1 large egg or 2 small eggs
- 40g ground almonds
- 100g milk powder (marvel)
- 100g sugar
- 50g butter
- A container.
- **Safety:**
- **Use Oven Gloves to put cake in oven**
- Beat the egg in a small bowl or jug with a fork.
- In a large bowl, add the almonds, dried milk and sugar, mix well with wooden spoon.
- Melt the butter in a small saucepan, pour over the dried ingredients. Mix well with wooden spoon.
- Add half of the egg to the mixture, mix well and add a little more if needed.
- Spread the mixture into an ovenproof dish and bake for 20 - 30 minutes at 160 or gas 3. Cut into slices when cool.



Waldorf Salad Ingredient list



1 Apple

1 large stick of celery

15ml (1 tablespoon)

mayonnaise

2 further salad ingredients
of your choice?

Handful raisins

- What could you add?



Waldorf Salad Process



1. Wash fruit and vegetables in colander, don't drip water on floor!
2. Using sharp knife and chopping board slice celery, cut apple in half then into cubes, peel and chop any other fruit/veg.
3. Place all salad in bowl with raisins and add mayonnaise.
4. Stir and season to taste
5. Spoon into your container
6. Wash and clear area.
7. Make sure you put equipment back in the correct place