



YEAR 7 FOOD RECIPIES

SEPTEMBER 2022



Easy and Delicious **FRUIT SCONES**

MAKES 6-8 SCONES — ONE LESSON

Make these easy fruit scones in just 20 minutes. They're perfect for an elegant afternoon tea or a sweet weekend treat.

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EQUIPMENT NEEDED

- Ingredients tray
- 1 rectangular baking tray
- Large mixing bowl
- Sieve
- Scone cutter
- Pastry brush
- Wire cooling rack
- Flour shaker
- Serving plate

PRACTICAL SKILLS

- Weighing and measuring accurately
- Rubbing in method of cake making
- Using the oven
- Presentation and food styling skills

MARKS UP

FOR A CLASSIC AFTERNOON TEA, SERVE WITH FRESH STRAWBERRIES AND CREAM.

INGREDIENTS

- 225g self-raising flour
- One teaspoon of baking powder
- 50g butter or soft spread
- 50g caster sugar
- 125ml milk or buttermilk
- One egg
- 50-75g dried fruit e.g. sultanas, apricots, cranberries, cherries or raspberries

Savoury option:

- Remove sugar and fruit
- Add 75g grated cheddar

METHOD

1. Preheat the oven to 200°C/gas mark 6.
2. Line the baking tin with baking paper.
3. Sift the flour and baking powder into a large mixing bowl.
4. Rub in the butter/soft spread with your fingertips to create a consistency like breadcrumbs.
5. Add the sugar, dried fruit and mix well.
6. Beat the egg together with the milk, add very gradually (reserving a little for glazing) to the dry mixture and bring it all together to make a soft dough.
7. Press the dough lightly to a 2.5/3cm thickness and cut into scones using a medium sized scone cutter.
8. Glaze the tops with a pastry brush using some beaten egg
9. Bake for 18-20 minutes, until lightly browned.
10. Remove from the oven and allow to cool on a rack.
11. Present on a plate or board.
12. Start your washing up, wipe down all workstations and complete end of lesson routine.



Carbohydrate
Energy
Vitamin B & C
Fibre



EQUIPMENT NEEDED

- Ingredients tray
- Sharp vegetable knife
- Chopping board
- Wok or large frying pan
- Pan stand
- Colander
- Small jug
- Wooden spoon
- Waste plate
- Serving dish, bowl, chopsticks

PRACTICAL SKILLS

- Knife skills
- Chopping and slicing vegetables (bridge and claw)
- Using the hob safely to stir fry
- Temperature control on hob
- Presentation and food styling skills

MARKS UP

TRY OUT DIFFERENT METHODS OF PREPARING AND CUTTING YOUR VEGETABLES E.G. JULIENNE, BRUNOISE OR BATONS.

Sizzling STIR FRY

SERVES 2-3 — ONE LESSON

A tasty one pan vegetable and noodle stir fry sizzler that's packed with flavour and really good for you, too.

Do not forget a container to take the stir fry home in

INGREDIENTS

- 3-4 spring onions
- 1 tablespoon vegetable oil
- 100g ready cooked noodles
- 2 cloves garlic, grated or finely chopped
- 1-2 cm fresh ginger, grated or finely chopped

Choose 3 or 4 of the following vegetables:

1 small carrot, 1 small red, green or yellow pepper, 50g bean sprouts, 50g mushrooms, 50g mange tout or sugar snaps, 50g baby sweetcorn

For your stir fry sauce choose:

2 tablespoons of soy sauce and one tablespoon of hoisin sauce

OR

The juice and zest of 2 limes,

METHOD

1. Wash and prepare vegetables, chopping finely, keeping them to a similar size.
2. Prepare the dressing by mixing the ingredients together in a small jug.
3. Heat the oil in wok or frying pan until very hot. Add the spring onions and fry for about 1 minute, then add the garlic and ginger. Keep moving the ingredients in the pan.
4. Add hardest vegetables (e.g. carrots, baby sweetcorn) first and fry for 2 minutes. Keep stirring the pan.
5. Add the rest of the vegetables and stir for 2 minutes. Add the cooked noodles and the sauce, stir and cook for a further 3 minutes. Taste and check for seasoning.
6. Present and serve.
7. Start your washing up, wipe down all workstations and complete end of lesson routine.

NUTRITION

- Protein
- Carbohydrate
- Vitamin A, B & C
- Fibre



EQUIPMENT NEEDED

- Ingredients tray
- Sharp knife
- Assorted chopping boards
- Large frying pan or wok
- Wooden spoon
- Temperature probe
- Pan stand
- Oven proof serving dish (20cm by 30cm)

PRACTICAL SKILLS

- Knife skills
- Chopping and slicing vegetables (bridge and claw)
- Using the hob safely
- Temperature control on hob
- Presentation and food styling skills

MARKS UP

MAKE YOUR OWN TASTY HOMEMADE SALSA, GUACAMOLE AND REFRIED BEANS TO GO WITH YOUR DISH.

Smokin' Chilli ENCHILADAS

SERVES 4 — ONE OR TWO LESSONS

INGREDIENTS

- 250g minced beef or Quorn or soya
- 1 onion, finely chopped
- Sliced and chopped red, green or yellow peppers
- 100g mushrooms (optional)
- 400g tin of chopped tomatoes
- 1-2 tablespoon of tomato puree
- 2 teaspoons of paprika
- 400g tin of red kidney beans
- 1 stock cube (beef or vegetable)
- 2 cloves of garlic, finely chopped
- 2 fresh chillies or a teaspoon of chilli powder
- 4 soft tortillas to serve
- Dried or fresh mixed herbs
- 100g cheddar cheese, grated

Optional toppings

- 2 spring onions, sliced
- Small bunch of coriander

NUTRITION

Protein Carbohydrate Fat
Vitamin A, B, C & D Calcium
Iron Fibre

METHOD

1. Prepare all vegetables and meat at your workstation.
2. Heat oil in a frying pan or wok. Add the onions and beef mince or Quorn and fry for 5 minutes or until the meat turns brown. Add the garlic, paprika, peppers and sliced mushrooms if using.
3. Add the chilli and crumble in the stock cube and cook for a further 1 minute, stirring with a wooden spoon.
4. Add the tomatoes, kidney beans, tomato puree and herbs and reduce to a simmer.
5. Cook for 22-25 minutes on a medium to low heat, stirring regularly.
6. Start your washing up while your chilli is simmering and wipe down all the work surfaces you have used.
7. For enchiladas, heat oven to 180°C/ gas mark 5, lay the tortillas on the work surface and place tablespoons of sauce in each tortilla. Roll the tortillas around the filling and arrange neatly in an ovenproof dish.
8. Spoon the remaining sauce over the top and scatter with grated cheese.
9. Bake for 15-20 minutes, or until the filling is piping hot and the cheese is golden-brown.

- To serve, scatter with the spring onions and chopped coriander.
- Start your washing up, wipe down all workstations and complete end of lesson routine.



EQUIPMENT NEEDED

- Ingredients tray
- Sharp knife
- Measuring jug
- Chopping boards
- Grater
- Flour shaker
- Rolling pin
- Pizza tray (approx. 30cm wide)
- Pizza cutter
- Serving plate or board

PRACTICAL SKILLS

- Weighing and measuring
- Bread making
- Kneading, rolling out and shaping dough
- Knife skills preparing meat and vegetables
- Using the oven safely
- Presentation and food styling skills

MARKS UP

CREATE A DECORATIVE STUFFED CRUST WITH EXTRA MOZZARELLA OR WHY NOT TRY FOLDING IN HALF AND TURNING IT INTO A CALZONE.

PIZZA

SERVES 2-3 — TWO LESSONS

INGREDIENTS

- 200g strong bread flour, plus 25g extra for kneading
- 15ml olive oil
- 10g sugar,
- 5g salt
- 7g or 1 sachet easy blend dried yeast
- 125ml warm water

1 small jar tomato based pizza sauce e.g. ragu, chopped tomatoes, tomato puree **OR** your own homemade tomato sauce

250g grated mozzarella cheese or cheese of choice (add extra 200g Mozzarella if making a stuffed crust)

Choose a selection of your favourite pizza toppings e.g. pepperoni, ham, cooked meats, pineapple, thinly sliced onions, peppers, jalapenos, mushrooms

Garnish

Fresh basil, rocket or parmesan cheese

NUTRITION

- 🍗 Protein
- 🍞 Carbohydrates
- 🧈 Fat
- 🍅 Vitamin A, B, C & D
- 🥛 Calcium

METHOD

1. Preheat oven to 210°C/gas mark 7.
2. Lightly oil a pizza tray. Mix together the warm water and the olive oil.
3. Sieve 200g of strong flour into a large mixing bowl.
4. Add the sugar, a little salt and the dried yeast. Then mix well.
5. Make a well in bowl and add warm water and olive oil, a little at a time. Mix with hands until the dough forms a soft and elastic ball and comes away clean from the sides of the bowl.
6. Knead the dough roughly for 5-10 minutes on a lightly floured surface.
7. Roll out and shape the dough into the shape and size of your pizza tray.
8. Place the dough base onto your pizza tray and 'knuckle' down the edges.
9. Spread the tomato puree over the base.
10. Add the grated cheese then add your toppings.
11. Cook for 12-15 minutes ensuring you don't burn the crusts.
12. Remove from the oven and leave to cool a little.
13. Decorate with black pepper, Parmesan and fresh basil. Present and serve.
14. Start your washing up, wipe down all workstations and complete end of lesson routine.



EQUIPMENT NEEDED

- Frying pan
- Sharp knife
- Mixing bowl
- Chopping boards
- Grater
- one saucepans
- Whisk
- Wooden spoon
- Ovenproof serving dish**

PRACTICAL SKILLS

- Weighing and measuring
- Knife skills, chopping and slicing vegetables
- Sauce making using the all in one method
- Using the hob and grill safely
- Temperature control on hob
- Presentation and food styling skills

Enjoy this gooey cheese and chicken pasta bake for the ultimate weekday family dinner. Serve straight from the dish with a dressed green salad

CHICKEN PASTA BAKE

A delicious dinner that everyone will love, this pasta bake recipe can also be customised with extra ingredients of parmesan or breadcrumbs on top.

Ovenproof serving dish

INGREDIENTS

2 skinless chicken breasts.
 1 onion
 2 garlic cloves
 ¼ tsp chilli flakes or Italian herbs
 Tbs tomato paste
 1 can chopped tomatoes
 2 tbsp mascarpone or cream cheese
 250 g penne pasta
 100g mature cheddar , grated
 ½ small bunch of parsley , finely chopped

NUTRITION

Fat
 Carbohydrate
 Protein
 Calcium
 Vitamin A, C & D

METHOD

1. Prepare all ingredients at your workstation making sure you use the correct chopping board.
2. Fill a saucepan to half-way with water and bring to the boil.
3. Add the Penne pasta and cook for 10-12 minutes until al dente.
4. Meanwhile, grate the cheese, open the can of tomato and prepare any other ingredients you are using.
5. While the pasta is boiling
6. Heat 2 tbsp of the oil in a pan over a medium heat and fry the onion gently for 10-12 mins. Add the garlic and chilli flakes and herbs Cook for 1 min. Tip in the tomatoes and sugar and season to taste. Simmer uncovered for 15 mins or until thickened, then stir through the mascarpone/cream cheese.
7. Heat 1 tbsp of oil in a non-stick frying pan. Season the chicken and fry for 5-7 mins or until the chicken is cooked through.
8. Heat the oven to 220C/200C fan/gas 7. Drain the pasta
9. Tip the pasta into the pan of sauce and add the cooked chicken
10. Pour all the chicken pasta into a medium sized ovenproof dish.. Top with the cheddar/herbs. Bake for 40 mins or until golden brown and bubbling.



EQUIPMENT NEEDED

- Ingredients tray
- Sharp vegetable knife
- Chopping board
- Oven proof dish
- Weighing scales
- Serving plate
- Waste plate

PRACTICAL SKILLS

- Weighing and measuring ingredients
- Knife skills
- Chopping and slicing fruit (bridge and claw)
- Using the oven safely
- Presentation and food styling skills

MARKS UP

↑↑ TRY DECORATING THE TOP OF YOUR CRUMBLE AFTER COOKING WITH FRESH FRUIT OR SERVING IT WITH A SUITABLE ACCOMPANIMENT E.G. CUSTARD, ICE CREAM OR CRÈME FRAICHE. ↑↑

Seasonal FRUIT CRUMBLE

SERVES 2-3 — ONE LESSON

You can use seasonal produce to enjoy this glorious pudding all year round. Try substituting the apples for your other favourite fruits such as rhubarb, plums or pears.

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INGREDIENTS

- 150g plain flour, you can use either wholemeal or white
- 75g butter or soft spread
- 35g oats
- 50g caster sugar
- 2-3 large cooking apples or 400g fruit of your choice e.g. Pears, Plums, Rhubarb, Blackberries
- 3 tablespoons of fruit juice or water

METHOD

1. Preheat the oven to 180°C or gas mark 4.
2. Rub the butter or soft spread into the flour until it resembles breadcrumbs.
3. Stir in the oats and sugar.
4. Peel and cut the apples into quarters, removing the core and slice apple thinly. Prepare other fruits accordingly.
5. Place the apple slices or fruit in the oven-proof dish, and then add the fruit juice/water.
6. Sprinkle over the crumble topping over the fruit.
7. Bake for 25-30 minutes until the fruit is soft and the crumble is golden.
8. Remove from the oven, taking care as it will be very hot.
9. Present and serve.
10. Start your washing up, wipe down all workstations and complete end of lesson routine.

NUTRITION

- ✔ Carbohydrate
- ✔ Fat
- ✔ Fibre
- ✔ Vitamin B & C
- ✔ 1 of your 5 a day