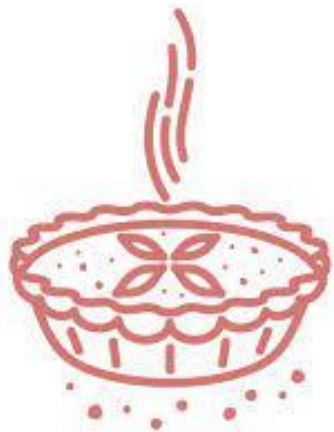




**Saint John Houghton**  
**Catholic Voluntary Academy**  
*part of St Ralph Sherwin Catholic Multi Academy Trust*



# Year 7 RECIPE BOOK



Student	
Group	
Teacher	

# Top Tips

Shopping lists back pages

You will need

## UNIFORM

Remember you need your **apron and a clean tea-towel** for every practical lesson, ensure your name is in your apron.

## INGREDIENTS

It is our aim for you to participate and enjoy all practical lessons. If you have a problem with any recipe then you need to see your Food Technology Teacher **BEFORE** the day of your practical with a note. If possible we will help.

**Remember to weigh out and pack your own ingredients** for your practical work, this will ensure you become more independent and quicker at organisational skills.

Any perishable items of food need to be stored in the refrigerator before registration on the day of your practical lesson with your **name on all containers/bags**. Dry store items can be placed into the unit storage areas.

## CONTAINERS (please bring the correct size container to take your cooking home)

The foil dishes that are used in takeaways are very handy when you don't have a suitable ovenproof dish and are ideal for freezing food in. Keep the plastic containers that takeaways come in to store food ingredients in to bring to school.

**Objective:** Safely and accurately demonstrate successful food hygiene, measuring, knife skills, preparing fruit and working as a team. Know the room procedures and how to clear away.

## Ingredients

- 4-6 pieces of fruit
  - with at least 3 that need preparing
  - Clementine,
  - grapes,
  - kiwi fruit,
  - banana,
  - apple,
  - strawberries,
  - Raspberries.
- 
- 1 carton (250ml) of pure juice (e.g. apple, orange, pineapple)

## Fruit Salad or Fruit Kebabs – Method

Wash fruit (if necessary)

- Clementine, peel by hand and dice
  - Grapes cut in half
  - kiwi fruit peel and dice
  - Banana peel and dice
  - Apple peel and de core and dice
  - Strawberries or raspberries cut in half.
- 
1. Put food waste into the waste basket and fruit into your container as you go.
  2. Add your fruit juice to your container and stir the fruit salad using a tablespoon to ensure all fruit is evenly distributed.
  3. If making kebabs place each variety of fruit onto skewer attractively.
  4. When finished, wash up your equipment and clean your work areas.

**Outcome:** Successfully and safely make fruit salad or fruit kebabs which hits the success criteria for the lesson. Knife skills.

**Objective:** Safely and accurately demonstrate successful food hygiene, weighing and measuring, use of knife using the claw and bridge technique, hob, peeling, cutting into evenly sized pieces, combining components, boiling, simmering, stirring and presentation techniques.

## Ingredients

- 100g pasta, eg pasta twists, pasta shells
- 2-4 vegetables (e.g. peppers, tomato, cucumber, carrots, lettuce, canned sweetcorn)
- A source of protein (e.g. cooked meat, Small can of tuna, cheese, etc.)
- 2-3 tablespoons salad dressing/  
mayonnaise/Salad cream (optional)

## Pasta Salad – Method

1. Half fill a large saucepan with cold water and add your pasta and put it on the hob on a **high heat (5)** to bring it to the **boil**. Put all the vegetables which need washing into a colander and rinse under the cold tap if needed.
2. While your pasta is cooking, prepare the ingredients you are adding to your pasta salad.
3. Peppers- deseed and dice, tomato - dice, cucumber- dice, carrots – peel and dice or grate, lettuce – wash and shred, canned sweetcorn- ask staff to open tin drain and add.
4. Put the prepared vegetables into the container you are taking your pasta salad home in.
5. When your pasta is cooked, drain it over the sink using a colander, and **run it under cold water** until it has cooled down.
6. Add the pasta to the mixing bowl with your other ingredients.
7. Then add your salad dressing and mix all of the ingredients together.
8. **When finished, wash up your equipment and clean your work areas.**

**Outcome:** Successfully create a pasta salad which hits the success criteria for the lesson

**Objective:** Safely and accurately demonstrate successful food hygiene, weighing and measuring, creating a yeast based dough and considering presentation skills.

### Ingredients

- 250g strong white flour
- 1 sachet of fast acting yeast
- 15g butter/margarine
- ½ tsp salt
- ½ vitamin C tablet - From school\*
- Approx. 175ml warm water\*

**Remember to bring  
apron and T towel**

\*Available from school with dry stores contribution

### Bread rolls – Method:

1. Preheat the **main oven** to **210°C**
2. Crush the vitamin C tablet with rolling pin and add to the flour in a bowl.
3. Rub the butter / margarine into the flour in the bowl
4. Add salt and the yeast to the bowl.
5. **Gradually** add the warm water (a drop at a time) to form a dough. **DO NOT ADD ALL THE WATER AT ONCE**
6. Knead dough for 5-10 minutes until its shiny and elastic.
7. Divide the dough into **8 equal portions**
8. Shape the dough to the desired shape and place onto baking tray.
9. Place in the **main oven** for about 10 mins.
10. Remove from the oven when it is until **golden brown** and **makes a hollow sound when tapped on the bottom**

**Outcome:** produce 8 even sized, golden brown, well shaped bread rolls.

**Objective:** Safely and accurately demonstrate successful food hygiene, weighing and measuring, rubbing in technique, combining ingredients, rolling out/cutting, measuring thickness, cooking dough and using oven.

### Ingredients

- 200g Self Raising Flour
- 1 tsp Baking Powder
- 50g Butter or Block Margarine
- 125ml milk – approx.

### Plus a flavouring ingredient(s)

#### **For sweet scones add**

- 50g Sugar

#### **For fruit scones add**

- 25g sugar
- 50g dried fruit

#### **For cheese scones add**

- 75g grated cheese

#### **Optional**

3-4 spring onions

### Scones – Method

1. Pre-heat your oven to **210°C**.
2. Prepare your additional ingredients. (grate cheese or chop spring onions)
3. Using the “rubbing in” technique, **rub in the Butter (fat) to the flour.**
4. Add in additional ingredients.
5. **Gradually** add the **milk (a drop at a time) - you may not need it all**
6. Bring together the dough and turn onto a floured surface.
7. Roll out to the thickness of **2cm**. (thickness on a knife)
8. Cut the dough with pastry cutters and place onto a lined baking tray.
9. Place the scones on the tray and “glaze” with milk.
10. Place into a preheated oven for 10-15 minutes.
11. **When your scones are cooking, wash up your equipment and clean your work areas.**
12. **Remove scones when golden brown**

**Outcome:** Successfully design and safely make a batch of scones created using the rubbing in technique which hit the success criteria for the lesson

**Objective: Successfully create your own soup which contains seasonal vegetables and ingredients. Use different cutting techniques and show successful food hygiene.**

- **Ingredients**

- 1 onion
- 2 leeks
- 300g tin new potatoes in water.
- 1 clove of garlic
- 1 dessertspoon of oil
- 350mls water
- 150mls milk
- 1 vegetable stock cube

Please bring an appropriate **sandwich box container**, the soup will be chilled in school. **NO THERMOS FLASKS OR SOUP CUPS**

**Leek and potatoes soup. Method**

1. Peel and chop the onion into small pieces.
2. Wash and trim the leeks and cut into 5mm slices.
3. Finely chop the garlic.
4. Heat the oil in a saucepan.
5. Add the onion and leek and garlic and gently fry for a few minutes, without browning.
6. Dice the potato into 1cm pieces.
7. Add the water and the milk.
8. Crumble in the stock cube and add the potato.
9. Bring to the boil and simmer for 20 minutes.
10. Use a masher to mash your soup.

Reheat in microwave or on the hob, ensure it is heated to above 75° Celsius

**Outcome:** Successfully and safely make Vegetable Soup, demonstrating the safe use of knives and knife skill.



**Objective:** Safely and accurately demonstrate successful food hygiene, weighing and measuring, knife skills, combining ingredients, rolling out/cutting, measuring thickness, lining cases, grating and using oven.

### Ingredients

(for 12 tartlets)

- Packet of ready roll short crust pastry.

#### **For the Filling**

- **2-3 ingredients of your choice**
  - 1 slice ham chopped or vegan alternative
  - 2-3 spring onions, chopped,
  - handful of baby mushrooms wiped clean and sliced
  - 1 pepper finely chopped
- 3 eggs
- 125ml milk
- 75g cheese

### Mini quiche– Method

1. Pre-heat your oven to **190°C**.
2. **Roll** pastry out.
3. Carefully use a cutter to **cut out the pastry cases** to line the muffin tins.
4. In a jug mix together the eggs, milk. (**egg mixture**)
5. Cut up your additional ingredients and place in tartlet cases.
6. Top the cases up with the egg mixture.
7. Sprinkle a little cheese over the tarts.
8. Bake for 13-15 minutes or until golden and cooked
9. **While your tartlets are cooking, wash up your equipment and clean your work areas.**

**Outcome:** Successfully design and safely make a batch of egg filled baked tartlets which hit the success criteria for the lesson



**Objective:** Safely and accurately demonstrate successful food hygiene, weighing and measuring,

## Ingredients

- 110g margarine
- 110g caster sugar
- 2 eggs
- 1 tsp vanilla extract
- 110g self-raising flour
- 12 paper cases

## Fairy cakes– Method

- Preheat the oven to **180C**
- Line 12-hole fairy cake tins with **paper cases**.
- **Cream the butter and sugar** (rub the butter into the sugar using the back of a metal spoon) together in a bowl until you can not see any sugar.
- Beat in the eggs, **a little at a time with wooden spoon**.
- stir in 1 teaspoon of vanilla extract.
- **Fold in the flour** using a large metal spoon.
- **Spoon the mixture** into the paper cases until they are **half full**.
- Bake in the oven for **8-10 minutes**, or until golden-brown on top and a skewer inserted into one of the cakes comes out clean.
- Set aside to cool for 10 minutes, then remove from the tin.

**Outcome:** Successfully design and safely make a batch of fairy cakes

**Objective:** Safely and accurately demonstrate successful food hygiene, measuring, mixing skills and working as a team. Know the room procedures and how to clear away.

- **Ingredients – Veggie savoury rice**

## **Ingredients**

- 1 onion
- 100g mushrooms
- 100g frozen mixed vegetables
- 1 x 10ml spoon oil
- 150g long grain rice
- 550ml water, boiling
- 1 stock cube
- 1 x 10ml spoon curry powder

## **Method**

1. Peel and chop the onion.
2. Slice the mushrooms.
3. Fry the onion in oil until soft (frying pan).
4. Add the mushrooms and cook for a further 2 minutes.
5. Stir in the rice.
6. Add the water, crumbled stock cube, mixed vegetables and curry powder.
7. Simmer for 15 minutes, until the rice is tender and water absorbed.

Reheat in microwave or on the hob, ensure it is heated to above 75° Celsius

**Outcome:** Successfully and safely make super savoury rice for the lesson.

**Objective:** Safely and accurately demonstrate successful food hygiene, measuring, mixing skills and working as a team. Know the room procedures and how to clear away.

- **Ingredients – Cheese straws**
- 110g self raising flour
- 55g margarine
- 85g grated cheese
- 1 egg
- Pinch of salt
- Pinch of mustard powder

### **Method**

1. Preheat oven to 180°C.
2. Get a baking tray.
3. Sift together flour, add salt and mustard powder into a bowl with flour.
4. Rub in the margarine until you have fine bread crumbs.
5. Mix in the cheese.
6. Mix in egg to make a dough.
7. Roll out and thinly cut into fingers.
8. Place on baking tray
9. Bake for 15 – 20 minutes

**Outcome:** Successfully and safely make cheese straws for the lesson.

**Objective:** Safely and accurately demonstrate successful food hygiene, measuring, preparing meat and working as a team. Know the room procedures and how to clear away.

- Ingredients -

## Sausage rolls

- 1 x 320g pack Jus-Rol™ Puff Pastry Sheet
- 6 sausages or sausage meat
- 1 egg
- 1tbsp milk

## Method

1. Preheat the oven to, 220°C
2. Unroll the pastry and cut down the middle lengthways.
3. Remove the skin from the sausages and place in a bowl.
4. Divide the sausage meat in half and place down the middle of each length of pastry.
5. Mix the egg and milk in a small bowl with a fork and brush down one side of the pastry. Roll the pastry around the sausage meat using the egg to seal the edges.
6. Cut each piece into approximately 8 sausage rolls and place on a baking tray.
7. Brush the tops with the rest of the egg mixture  
Bake for 20 minutes or until golden and cooked through.

**Outcome:** Successfully and safely make sausage rolls for the lesson.





## Fruit Salad

Date

4-6 pieces of fruit

with at least 3 that need preparing

- ☐ Clementine,
- ☐ grapes,
- ☐ kiwi fruit,
- ☐ banana,
- ☐ apple,
- ☐ strawberries,
- ☐ Raspberries.


- 
- ☐ 1 carton (250ml) of pure juice (e.g. apple, orange, pineapple)
- 

## Shopping lists



### Pasta Salad


Date

- ☐ 100g pasta, eg pasta twists, pasta shells
  - ☐ 2-4 vegetables (e.g. peppers, tomato, cucumber, carrots, lettuce, canned sweetcorn)
  - ☐ A source of protein (e.g. cooked meat, Small can of tuna, cheese, etc.) or vegan alternative
  - ☐ 2-3 tablespoons salad dressing/ mayonnaise/Salad cream (optional)
- 



### Bread Rolls


Date

- ☐ 250g strong white flour
  - ☐ 1 sachet of fast acting yeast
  - ☐ 15g butter/margarine
- 



### Mini quiche

Date



#### Ingredients (for 12 tartlets)

- ☐ Packet of ready roll short crust pastry.
- 

#### **For the Filling**



##### ☐ **2-3 ingredients of your choice**

- ☐ 1 slice ham chopped,
- ☐ 2-3 spring onions, chopped,
- ☐ handful of baby mushrooms wiped clean and sliced
- ☐ 1 pepper finely chopped
- ☐ 3 eggs
- ☐ 125ml milk
- ☐ 75g cheese

## Shopping lists

### Scones

Date \_\_\_\_\_

#### Ingredients

- ☐ 200g Self Raising Flour
- ☐ 1 tsp Baking Powder
- ☐ 50g Butter or Block Margarine
- ☐ 125ml milk – approx.

#### Plus a flavouring ingredient(s)

**For sweet scones add**

- ☐ 50g Sugar

**For fruit scones add**

- ☐ 25g sugar
- ☐ 50g dried fruit

**For cheese scones add**

- ☐ 75g grated cheese

**Optional**

- ☐ 3-4 spring onions

### Fairy cakes

Date \_\_\_\_\_

- ☐ 110g margarine
- ☐ 110g caster sugar
- ☐ 2 eggs
- ☐ 1 tsp vanilla extract
- ☐ 110g self-raising flour
- ☐ 12 paper cases

### Leek and potato Soup

Date \_\_\_\_\_

#### Ingredients

- ☐ 1 onion
- ☐ 2 leeks
- ☐ 300g tin new potatoes in water.
- ☐ 1 clove of garlic
- ☐ 150mls milk
- ☐ 1 vegetable stock cube

Remember to have the correct containers to bring your cooking home in.  
Oven proof dishes with lids  
Plastic Tupperware with lids

## Shopping lists

### Veggie savoury rice

Date \_\_\_\_\_

- ☐ 1 onion
- ☐ 100g mushrooms
- ☐ 100g frozen mixed vegetables
- ☐ 1 x 10ml spoon oil
- ☐ 150g long grain rice
- ☐ 1 stock cube
- ☐ 1 x 10ml spoon curry powder

### Cheese straws

Date \_\_\_\_\_

- ☐ 110g self raising flour
- ☐ 55g margarine
- ☐ 85g grated cheese
- ☐ 1 egg
- ☐ Pinch of salt
- ☐ Pinch of mustard powder

### Sausage rolls

Date \_\_\_\_\_

- ☐ 1 x 320g pack Jus-Rol™ Puff Pastry Sheet
- ☐ 6 sausages or sausage meat
- ☐ 1 egg yolk
- ☐ 1tbsp milk

Remember to have the correct containers to bring your cooking home in.

Oven proof dishes with lids

Plastic Tupperware with lids