

Year 7 Food
Preparation
booklet



The recipes used in Y7 have been carefully chosen to provide a range of opportunities for students to develop their confidence in using practical skills. Students will be able to apply their creative thinking and learn to develop and change recipes.

Each recipe can be modified to suit individuals tastes and food choices. We encourage students to actively think about a healthy and varied diet.

Students will be given a weeks' notice to get the required ingredients for their practical lesson. This will be written in their planners and on the school website.

If you have any queries regarding the recipes or problems getting the ingredients, please do not hesitate to contact the subject teacher.

For each practical lesson students need a suitable container with their name written on to take the products home.

Shopping List



Fruit Crumble

300-500g Fresh fruit
150g plain flour
75g margarine or
butter
75g sugar
25g porridge oats (or
optional flavouring)

Fruit Saladd

1 orange
1 banana
small bunch grapes
1 kiwi
1 pear
1 apple
1 lime/lime juice

Basic Scone

225g Self-raising flour
50g hard margarine
25g caster sugar
100ml milk

Vegetable Risotto

1 tbsp olive oil
1 onion, chopped
1 parsnip, finely diced
2 medium carrots, finely diced
350g risotto rice, such as
arborio
1 bay leaf
1.2l hot vegetable stock
140g frozen pea or petit pois
50g parmesan (or vegetarian
alternative), grated

Pasta bake

150g pasta shapes
25g plain flour
25g butter/margarine
250ml milk
75g grated cheese
Tin of tuna or other
protein source
Tin of sweetcorn or other
vegetable

Bolognese Sauce

500g minced meat or meat
alternative
1 onion
100g mushrooms
1 small green or other coloured
pepper
Tin of chopped tomatoes or
passata
1 stock cube
1-2tbs tomato puree
Herbs and salt and pepper for
seasoning

Fish Goujons

450g firm white fish fillet, skinned
3 tablespoons plain flour
1/4 tsp cayenne pepper
2 large egg, beaten
80g fine, fresh white breadcrumbs
2 tablespoons sesame seeds
salt and freshly ground black pepper
25g butter, melted

Sweetcorn Fritters

30g plain flour
half tsp baking powder
quarter tsp salt
1 large egg
1 x 200g can sweetcorn, drained (drained
weight 170g)
1 large or 2 small spring onions, finely sliced
2 tbsp sunflower or canola oil for frying

Brownies

In the pan

115g plain chocolate
115g butter/margarine
1 tbsp. golden syrup

In a large mixing bowl

150g dark muscovado sugar
150g caster sugar
110g self raising flour
40g cocoa powder

Beat in a small bowl

4 eggs
50g chocolate chips

Garlic Bread

250g strong plain flour
15g margarine or 15ml oil
1 sachet of fast action yeast
125 warm water
30g butter
2 garlic cloves

Fruit Salad



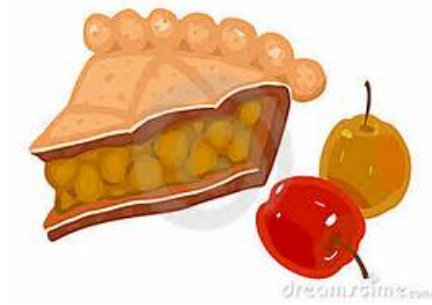
- 1 orange
- 1 banana
- small bunch grapes
- 1 kiwi
- 1 pear
- 1 apple
- 1 lime/lime juice

Method

1. Peel and segment the orange, catching the juices in a bowl. Squeeze more juice out of the remaining citrus fruit into the bowl. Set aside the orange.
2. Slice the banana.
3. Cut the grapes in half and peel and slice the kiwi.
4. Finally chop the pear and apple, pouring a little **lime juice** over the apple to retain its colour.
5. Combine all the fruit in a large bowl or in individual serving dishes or Martini glasses.
6. Decorate with strips of lime and a sprig of mint.

Fruit Crumble

300-500g Fresh fruit
150g plain flour
75g margarine or butter
75g sugar
25g porridge oats (or optional flavouring)



Method

1. Turn oven onto 200C or gas mark 6
2. Peel and chop fruit and place in the oven proof dish. Sprinkle some sugar over it.
3. Put flour and margarine into a mixing bowl and rub in the fat.
4. Stir in the sugar and optional flavouring.
5. Cover fruit with crumble mixture.
6. Place in the oven for 15-20min.

Vegetable Risotto



- 1 tbsp olive oil
- 1 onion, chopped
- 1 parsnip, finely diced
- 2 medium carrots, finely diced
- 350g risotto rice, such as arborio
- 1 bay leaf
- 1.2l hot vegetable stock
- 140g frozen pea or petit pois
- 50g parmesan (or vegetarian alternative),
grated

Method

1. Heat the oil in a large shallow pan. Tip in the onion, parsnip and carrots, cover and gently fry for 8 mins until the onion is very soft.
2. Stir in the rice and bay leaf, then gently fry for another 2-3 mins until the rice starts to turn see-through around the edges.
3. Add 300ml of the stock and simmer over a gentle heat, stirring until it has all been absorbed. Carry on adding the hot stock, a ladleful at a time, letting it be absorbed before adding more.
4. Continue until the rice is just cooked and all the stock has been used, adding a little more water or stock if needed. This will take 18-20 mins.
5. Remove the bay leaf from the cooked risotto and stir in the peas. Heat through for a few mins, then add most of the Parmesan and season to taste.
6. Sprinkle with the remaining Parmesan and serve.

Fish Goujons Ingredients



- 450g firm white fish fillet, skinned
- 3 tablespoons plain flour
- 1/4 tsp cayenne pepper
- 2 large egg, beaten
- 80g fine, fresh white breadcrumbs
- 2 tablespoons sesame seeds
- salt and freshly ground black pepper
- 25g butter, melted

Method

1. Cut the fish fillets across their width into thick, finger-like strips, about 2cm wide.
2. In a shallow bowl, mix together the flour and cayenne with some salt and pepper to season.
3. Put the egg in a separate bowl. Mix the breadcrumbs with the sesame seeds in a third bowl or on a plate.
4. Toss the fish in the seasoned flour mixture, then dip each piece first in the beaten egg and then in the breadcrumbs. Place on a lightly oiled, non-stick, baking tray and chill for 30 minutes until required. Preheat the oven to 220°C (gas 7).
5. For the dip, mix together the mayonnaise, mustard, capers and lemon juice. Season to taste, then cover and chill.
6. Bake the goujons for 10 minutes, turning halfway through cooking. Brush with the melted butter and return to the oven for a further 5 minutes until golden and crispy. Serve immediately with the dip.

Sweetcorn Fritter Ingredients

- 30g plain flour
- half tsp baking powder
- quarter tsp salt
- 1 large egg
- 1 x 200g can sweetcorn, drained (drained weight 170g)
- 1 large or 2 small spring onions, finely sliced
- 2 tbsps sunflower or canola oil for frying



Method

1. Put all the ingredients **except the oil** in the bowl of a food processor and whiz for one minute to make a batter.
2. Heat a little of the oil in a large frying pan and drop in teaspoonfuls of the batter. Cook for 1 to 1 ½ minutes in batches of 5 until golden on the underside, then carefully turn and cook for a further minute.
3. You can use the back of a spoon to help push the fritter onto a spatula to make turning easier.
4. Drain briefly on kitchen paper before serving.

Chocolate Brownies Tray Bake

In the pan

115g plain chocolate
115g butter/margarine
1 tbsp. golden syrup

In a large mixing bowl

150g dark muscovado sugar
150g caster sugar
110g self raising flour
40g cocoa powder

Beat in a small bowl

4 eggs
50g chocolate chips



Method

1. Pre-heat oven at 180C
2. Prepare all ingredients as above then grease and line a baking tray with sides.
3. Melt the ingredients in the pan, then take them off the heat and add to the ingredients in the bowl.
4. Mix melted ingredients and the dry ingredients together then add the egg a little at a time.
5. Add the chocolate chips.
6. Pour the mixture into the prepared tin, ensure it is evenly spread.
7. Place in the oven and bake for 20min.
8. Remove from the oven and leave to cool before you are going to cut it.

Garlic Bread

250g strong plain flour
15g margarine or 15ml oil
1 sachet of fast action yeast
125 warm water
30g butter
2 garlic cloves



Method

1. Pre-heat oven to 220C/ gas 8
2. Check weights and ingredients.
3. Rub in flour and margarine or oil to resemble fine bread crumbs.
4. Stir in salt and yeast
5. Stir in warm water a little at a time to make a soft dough (YOU MAY NOT USE ALL OF THE WATER)
6. Form a dough using your hands, put dough onto a floured work surface, knead gently for 10min. Leave to prove.
7. Chop the garlic and mix with the butter.
8. Knock back the dough and stretch and fold, divide into 2, and then roll the dough into shape. Spread with the garlic butter.



9. Bake in the oven for about 20minutes until golden brown.

Basic scone

225g Self-raising flour
50g hard margarine
25g caster sugar
100ml milk



Method

1. Pre-heat oven 200C/ gas7
2. Check weight of ingredients.
3. Rub in flour and margarine to resemble fine bread crumbs.
4. Stir in sugar
5. Stir in milk a little at the time to make a soft dough –BE CAREFUL YOU MIGHT NOT NEED ALL OF THE MILK.
6. Form a dough using your hands, put dough onto floured work surface, knead gently.
7. Press dough down until it is even 2cm thick- DO NOT USE A ROLLING PIN
8. Use a cutter to cut 6-8 scones, try to cut as many as you can first time.
9. Place on a greased baking tray, glaze the tops with milk
10. Bake in the oven for about 10min

Pasta bake



150g pasta shapes
25g plain flour
25g of butter or margarine
250ml milk
75g grated cheese
Tin of tuna or other protein source
Small tin of sweetcorn or other vegetable

Method

1. Fill a medium sized saucepan half full with water and place on the hob.
2. Turn the hob on to full heat and bring the water to boil.
3. Carefully place the pasta into the boiling water. Let the pasta boil for 10min. Do not stir the hot water.
4. While the pasta is cooking, grate your cheese and prepare the sauce ingredients.
5. Measure out the flour and margarine.
6. When the pasta is cooked, drain it over the sink using a colander.
7. Place the pasta in an oven proof dish.
8. Put the white sauce, margarine and milk into the saucepan.
9. Place on the hob medium heat.
10. Stir all the time and wait until the sauce thickens (similar to custard).
11. Take it off the hob immediately and stir in the grated cheese.
12. Put the sauce ingredients over the pasta then pour the white sauce over this.
13. Sprinkle with cheese and brown in the oven or grill.

Bolognese sauce

500g minced meat or meat alternative
1 onion
100g mushrooms
1 small green or other coloured pepper
Tin of chopped tomatoes or passata
1 stock cube
1-2tbs tomato puree
Herbs and salt and pepper for seasoning



Method

1. Peel and chop onion and pepper on a chopping board, using a sharp knife.
2. Remove the seeds from the pepper.
3. Wash and slice the mushrooms.
4. Fry the mince for 3-4min, stirring gently with a wooden spoon.
5. Add the peppers and onions and fry for a further 5min.
6. Add the mushrooms and continue frying for about 2min.
7. Add the tin tomatoes, herbs and stock cube, bring to the boil and stir in tomato puree.
8. Turn the heat down and let it simmer while you start to wash up.