

Kitchen conversions

Liquid Volume



Tsp	Tbsp						
3	1	1/16	1/2	15	-	-	-
6	2	1/8	1	30	1/16	-	-
12	3	1/4	2	60	1/8	1/16	-
18	4	3/8	3	90	-	-	-
24	6	1/2	4	120	1/4	1/8	1/32
36	8	3/4	6	180	-	-	-
12	1	8	250	1/2	1/4	1/16	
16	2	16	475	1	1/2	1/8	
32	4	32	950	2	1	1/4	
16	128	3.8 L	8	4	1		

Dry Weight



Tbsp		
1	1/2	15
2	1	28
4	2	57
6	3	85
8	4	115
16	8	227
32	16	455
32		907
		1.8 kg

Temperature



Gas	°C	°F
1	140	275
2	150	300
3	170	325
4	180	350
5	190	375
6	200	400
7	220	425
8	230	450
9	240	475

Year 7 Food Recipe Book



Montgomery
Academy

WORLD CUISINE



Vegetable Couscous

This recipe involves making a product from North Africa, using their staple food which is couscous.

Couscous is a very small type of grain, and is a popular staple food around the world because it is very versatile, allowing it to be used in many types of dishes.

Since couscous is so small, once it is cooked and has absorbed all the water, it should be 'fluffed' with a fork to gently separate the grains, rather than stirred as this would damage them.

This recipe makes enough for two portions.

Vegetable Couscous: Store in a refrigerator and consume within 48 hours. This product should not be reheated due to the salad dressing.

Equipment:

Kettle
Measuring jug
Tablespoon
Scales
Mixing bowl
Chopping board
Vegetable knife
Fork

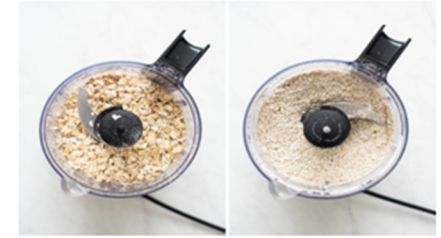
Ingredients:

175ml boiling water
1 vegetable stock cube
100g couscous
100g chickpeas
Piece cucumber
1 tomato
 $\frac{1}{4}$ red onion
1 stick celery
30ml salad dressing

Soda bread – Staple foods (oats and wheat - Europe)



Weigh out 100g of plain flour into a bowl
Add $\frac{1}{4}$ tsp salt
Add $\frac{1}{4}$ tsp bicarbonate of soda



Weigh out 20g of oats into the bowl of a food processor.
Process until a fine flour is made.



Add the oat flour to the flour and salt and stir to combine to the flour
Make a well in the middle



Gradually mix in 100g natural yoghurt into the flour to make a soft dough



Put onto a floured table and knead for 1 minute until smoother
Add some more oats to the top



Place on a lightly floured baking tray
Use the back of a table knife to put a deep cross in the bread



Bake in the oven at 220C for 20 minutes

Bread should be golden and crisp on the top and bottom

Oaty Soda bread

This recipe involves making a product from Europe, using one of their staple foods: cereals, and in this recipe the cereals are oats & flour (ade from wheat)

This bread is made using bicarbonate of soda as the raising agent instead of yeast. Raising agents help products rise when being baked.

Baking is using the oven and a dry heat to cook food. It can add a golden colour, and give a crisp texture.

Oaty Soda bread: Store in an airtight container and consume within 72 hours.

Allergens; gluten, lupins

Equipment:

Mixing bowl
Baking tray
Weighing scales
Food processor
Teaspoon
Wooden spoon

Ingredients:

100g plain flour
20g oats (processed into flour)
 $\frac{1}{4}$ tsp salt
 $\frac{1}{3}$ tsp bicarbonate of soda



Boil a kettle. Put vegetable stock cube into a measuring jug. Pour over 175ml boiling water. Stir to dissolve



Add 100g couscous and 100g drained chickpeas to a large mixing bowl.



Pour the stock over the couscous. Leave to absorb.



Use the bridge and claw methods to slice and/or dice your vegetables - cucumber, tomato, celery and onion.



Once all the stock has been absorbed, fluff the couscous with a fork to separate the grains.



Add the prepared vegetables, pour over dressing and mix gently with a fork.

Vegetable Chow Mein

This recipe involves making a product from Asia, using one of their staple foods which are noodles.

Noodles are a popular staple food around the world because they are very versatile, allowing them to be used in many types of dishes. They are also very easy to make and cook.

Stir-frying is using a small amount of hot oil to fry foods quickly, whilst constantly stirring them and keeping them moving. This cooks the foods but keeps their crisp textures.

This recipe makes enough for two portions.

Chow Mein: Store in a refrigerator and consume within 24 hours. To reheat, place contents in an oven proof dish and cover with tin foil. Place in a pre-heated oven (180°C, gas mark 4) for 15-20 minutes or place in a suitable container and microwave on full power. Check piping hot before serving.

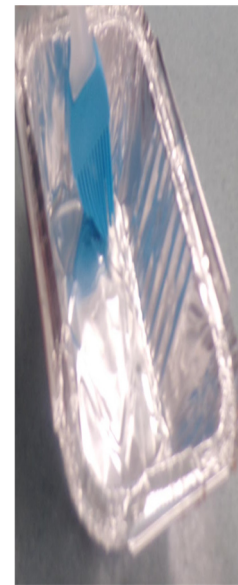
Allergens: wheat, gluten, lupins, soya, eggs

Equipment:

Green chopping board
Vegetable knife
Rubbish bowl
Wooden spoon
Wok
Colander
Mixing bowl

Ingredients:

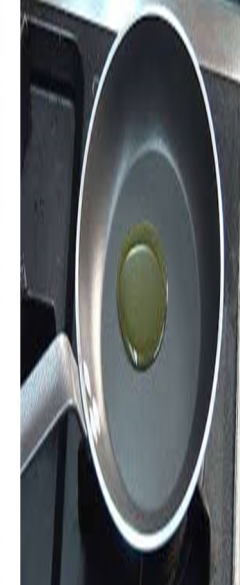
2 strips of noodles
1 small sachet stir fry sauce
200g assorted vegetables
1tbsp oil



Grease a foil container each



Use the BRIDGE HOLD and CLAW GRIP to dice your onion, peppers and mushrooms into small pieces.



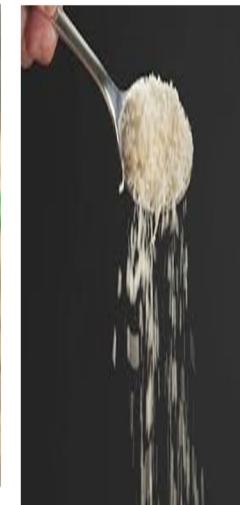
Heat 1 teaspoon oil in a sauce pan on medium heat for 1 minute.



Add diced onion, bacon, peppers, mushrooms and grated carrot, $\frac{1}{2}$ tsp garlic. Cook for 5 minutes until softened.



Into a large mixing bowl add the cooked bacon and vegetables. Add 1 tbsp sweetcorn, $\frac{1}{2}$ tsp parsley, pinch salt & pepper, 75g grated cheese, 1 tablespoon soft cheese and 1 bag cooked rice. Stir to combine.



Place mixture into greased foil tin. Sprinkle with 1 tbsp grated parmesan.



Bake for 15 minutes until top is golden and cheese inside is gooey.

Baked Rice Casserole

This recipe involves making a product from South America (Brazil), using one of their staple foods: rice.

Rice is a popular staple food around the world because it is very versatile, allowing it to be used in many types of dishes.

Baking is using the oven and a dry heat to cook food. It can add a golden colour, and give a crisp texture.

This recipe makes enough for 2 people.

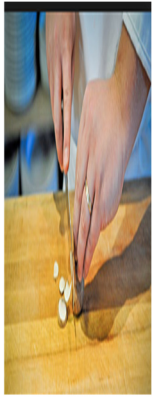
Rice Casserole: Store in a refrigerator and consume within 24 hours. To reheat, place contents in an oven proof dish and cover with tin foil. Place in a pre-heated oven (180°C, gas mark 4) for 15-20 minutes or place in a suitable container and microwave on full power. Check piping hot before serving

Equipment

Chopping board
Vegetable knife
Frying pan
Wooden spoon
Baking tray
Fork
Mixing bowl
Tablespoon
Dish to bake in

Ingredients:

1 tablespoon soft cheese
 $\frac{1}{4}$ onion
 $\frac{1}{2}$ teaspoon garlic
2 tablespoons diced bacon
Tablespoon grated carrot
Tablespoon sweetcorn
 $\frac{1}{4}$ pepper
2 mushrooms
 $\frac{1}{2}$ teaspoon parsley
Pinch salt
Pinch pepper
75g grated cheese
1 bag cooked rice
1 tablespoon parmesan



Boil a kettle. Put your dried noodles in large mixing bowl. Cover with the boiling water and leave to soak.

Use the BRIDGE HOLD and CLAW HOLD to slice your vegetables into equal strips



- Heat 1tbsp oil in the wok on medium heat for 1 minute.
- Add the vegetables and stir fry for 3-4 minutes. If you are using chicken add it here.

If you are using pre-cooked noodles add them straight to the pan. If you used dried noodles, drain them with a colander and add them to the pan. Cook for two minutes, stirring all the time.



Add the stir fry sauce to the vegetables and noodles, and heat for 1 minute, stirring all the time.

Vegetable Quesadillas

This recipe involves making a product from North America (Mexico), using one of their staple foods: corn, which has been made into a tortilla

Corn is a popular staple food around the world because it is very versatile, allowing it to be used in many types of dishes.

Frying is where you cook food in a little oil. It allows the food to cook quickly, and can add colour and a crisp texture.

This recipe makes enough for 2 portions.

Quesadilla: Store in a refrigerator and consume within 24 hours. To reheat, place contents in an oven proof dish and cover with tin foil. Place in a pre-heated oven (180°C, gas mark 4) for 15-20 minutes or place in a suitable container and microwave on full power. Check piping hot before serving.

Equipment

Chopping board
Vegetable knife
Rubbish bowl
Frying pan
Wooden spoon
Tablespoon

Ingredients:

Per pair:
3-4 mushrooms
 $\frac{1}{4}$ onion
 $\frac{1}{2}$ pepper
2 tablespoons mixed beans
 $\frac{1}{2}$ tsp garlic

Each:
1 tortilla
20g cheese

Vegetable quesadillas



Use the BRIDGE HOLD and CLAW HOLD to slice your vegetables into equal strips.



Heat 1 tbsp of oil in the wok on medium heat for 1 minute.



- Add the mushrooms and cook for 4-5 minutes, using a wooden spoon to move the food around the pan.



- Add onions & peppers
- Add 1 tsp of the spice mix
- Add $\frac{1}{2}$ tsp garlic
- Fry for 4-5 minutes until the onions are soft
- Remove from pan into a bowl



- Wipe the pan with blue paper towel
- Brush pan with a little oil
- Add 1 tortilla



- Add half the vegetables to one half of the tortilla



Add your portion of cheese to the tortilla



- Fold the tortilla
- Cook for 2 minutes



- Flip the tortilla
- Cook for 2 minutes
- Repeat with the other tortilla