

Kitchen conversions

Liquid Volume



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

Dry Weight



Tbsp	Oz	Lb
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



Oz	°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



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



Put the margarine, syrup and sugar into a mixing bowl.
Cream together until light and fluffy. (Use the back of the spoon to mash them against the side of the bowl.)



Add the oats, flour and spice and mix together well.



Shape the mixture into 12 balls and place onto a lined baking tray. Press down gently.



Bake for 10-15 minutes until the edges look golden.

Flapjack Cookies

This recipe involves making a product from Europe, using one of their staple foods: cereals, and in this recipe the cereal is oats.

The creaming method is where the fat and sugar in the recipe are blended together using the back of the wooden spoon. It makes the product light and airy.

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 6-8 cookies.

Flapjack cookies: Store in a n air tight container & consume within 72 hrs

Equipment:

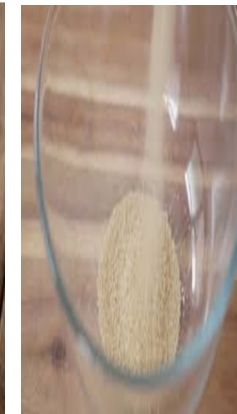
Mixing bowl
Wooden spoon
Baking tray
Weighing scales

Ingredients:

75g plain flour
1 tsp baking powder
75g oats
50g caster sugar
75g margarine
1 tablespoon syrup



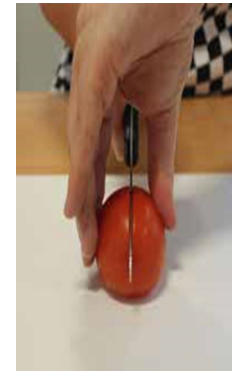
Boil a kettle. Put vegetable stock cube into a measuring jug. Pour over 175ml boiling water. Stir to dissolve



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:

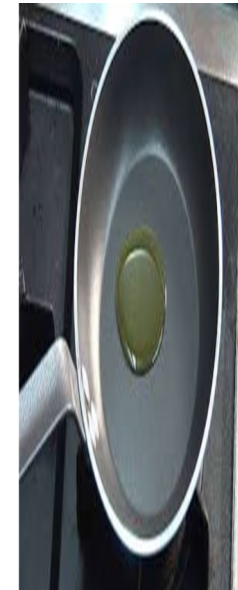
2 strips of noodles
1 small sachet stir fry sauce
200g assorted vegetables
1tbsp oil



Grease a foil container each



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



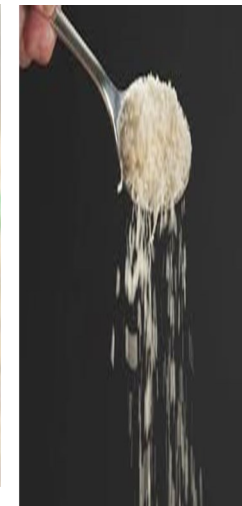
Heat 1 teaspoon oil in a sauce pan on medium heat for 1 minute.



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 1tbsp 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 1tbsp 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

Allergens: eggs, milk, cheese

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 Fajita

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.

Fajita: 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, cheese, lupins

Equipment

Chopping board
Vegetable knife
Rubbish bowl
Frying pan
Wooden spoon
Tablespoon

Ingredients:

200g assorted vegetables
1 tablespoon oil
2 tortilla
1-2 tablespoons fajita seasoning
2 tablespoons grated cheese



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



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



- Add the vegetables and cook for 4-5 minutes, stir-frying constantly.
- Add the fajita seasoning and cook for 1 minute, stir frying constantly.
- Turn the heat off.



- Divide the mixture between two tortilla
- Add the grated cheese and salsa.

- Fold and roll the tortillas to seal in the filling.
- Cut in half and place in your tub.