

Name:

Tutor group:

Cooking day:

### Practical Lessons

1. Give the ingredients list to your parent or carer in plenty of time before the lesson.
2. **Weigh out the ingredients at home** as time is limited in lessons- try to do this yourself.
3. The school will provide salt, pepper and flour for rolling. You must bring everything else.
4. Bring a named container to take food home in. Don't forget to **check what equipment you need** on the recipe.
5. If you miss a lesson you must see your teacher to find out what you are cooking next time.
6. If you do not bring ingredients to a lesson more than once you could receive a break time detention.
7. **Please see me or ask your parents to contact me well in advance if there is any difficulty providing ingredients for a lesson.**
8. If your child cooks last lesson they may have to collect their dish the following day if it is too hot to carry home.

Please keep and pin this sheet to your fridge or notice board as a record of what your child is cooking and when, thank you.

### Dates for cooking:

Apple Crumble:

**Oven proof dish is essential**

Vegetable Stir Fry:

Roasted Vegetable Couscous:

Tomato Sauce:

Pizza:

Please bring a baking/pizza tray

Pineapple Upside Down Cake:

Please leave items unprepared where possible to allow your child to do this in school.

## Apple Crumble

### Ingredients

900g Cooking apples

50g sugar (25g needed if using eaters)

1tsp cinnamon (optional)

### For the crumble:

225g plain flour

120g Butter, cut into cubes and chilled

100g soft light brown sugar

100g jumbo oats (optional)

### Equipment: oven proof dish

### Method

1. Peel and slice the apples into your oven proof dish.
2. Sprinkle over the sugar (50g), cinnamon and blackberries if using, and mix together gently.
3. Place the flour and butter in a mixing bowl. Using your fingertips rub the butter into the flour until the mixture resembles coarse breadcrumbs.
4. Stir in the light brown sugar and oats if using.
5. Spread the crumble evenly over the fruit and bake in the oven for 30-35 minutes.

Blackberries can be picked and added and eating apples will work just as well as cooking apples with less sugar added.

**This will have to be baked at home as there isn't enough time in the lesson.**

## Vegetable Stir Fry

### Ingredients

Choose three of the following vegetables or your own combination:

½ Pepper (any colour), ½ courgette, mange tout, broccoli, handful of mushrooms.

4 spring onions

1 clove garlic

Small piece fresh ginger

1tbsp oil (sesame oil gives a distinctive flavour)

1-2tbsp water

1-2 sachets of ready cooked noodles

Stir fry sauce of your choice or sweet chilli sauce (both optional)

### Equipment: tub to carry home your dish

### Method

1. Wash and finely slice any vegetables and the onion.
2. Peel the garlic and ginger and chop finely.
3. Place the oil in a pan on a medium heat.
4. Add the onion and fry gently for two minutes.
5. Add the garlic and ginger and stir briefly.
6. Add in the remaining vegetables and continue to stir for two to three minutes.
7. Add in a spoonful of water and cover with a lid for to steam the vegetables. Check frequently to prevent sticking.
8. After three minutes add in the sauce, noodles and a little extra water if needed.
9. Stir thoroughly and transfer to your container.
10. Reheat until piping hot at home.

## Roasted Vegetables and Couscous

### Ingredients

1 onion  
1 courgette  
1 stick celery  
1 carrot  
1 red pepper  
Other vegetables such as squash, sweet potato and aubergines may also be added or swapped.  
1 tspn dried herbs (2-3 sprigs of rosemary/other homegrown herbs)  
2 tbsps olive oil  
Salt and pepper  
1 vegetable or chicken stock cube  
300ml water, boiled and hot  
200g couscous (whole wheat is really tasty – **not giant** please)

I serve this with roast chicken and pour some of the juices from the pan into the couscous.

**Equipment:** container to carry it home with a sealed lid.

### Method

1. Peel and slice the onion.
2. Chop all the other vegetables in to 1cm cubes.
3. Place the vegetables onto a baking tray and cover with the oil, herbs and seasoning.
4. Use your fingers to thoroughly combine all the ingredients and place into the oven. Carefully stir your vegetables every 10 minutes so they cook evenly.
5. Put the stock cube in to a jug and add 300ml of hot water. Stir to dissolve.
6. Place the couscous in to your container and pour over the prepared stock, cover with the lid or cling film.
7. When your vegetables are cooked add them to the couscous and stir thoroughly.

## Tomato Sauce

### Ingredients

½ large onion  
1 clove garlic  
½ stick celery  
½ carrot  
½ red pepper(optional)  
1 tbspn oil  
1 tin tomatoes (value work just as well)  
1tbsp balsamic vinegar (optional)  
Salt and pepper

### Method

1. Finely slice the onion, celery and pepper.
2. Peel the garlic and grate the carrot.
3. Place the oil in a pan on a medium heat.
4. Add the onion and fry gently for two minutes.
5. Crush in the garlic and stir briefly.
6. Add in the remaining vegetables and continue to stir for two to three minutes.
7. Add in the tinned tomatoes, balsamic vinegar, salt and pepper and half a can of water, stir thoroughly.
8. Turn up the heat to high until the sauce starts to bubble, then reduce the heat to low. Leave the sauce to simmer for at least 20 minutes. Stir occasionally.
9. A teacher will take some sauce to freeze for your pizza next week and put the rest in your container to take home.
10. Reheat sauce at home until piping hot at home. Can be mixed with pasta or used as a pizza topping.

## **Pizza**

### **Ingredients**

Please bring in 50p and the school will provide the bread base mix.

Tomato sauce – in freezer from last lesson.

Choose two or three from the following toppings:

Mushrooms, sweetcorn, peppers, onions, pineapple, olives, ham, tuna or any other combinations.

50g cheddar cheese or one mozzarella ball

**Equipment:** container to carry it home-  
**baking tray.**

### **Method**

1. Add 160 ml of warm water to the bread mix and stir in with a knife.
2. Bring into a ball with your finger tips and turn on to a floured board. Knead for 5 minutes.
3. Using your knuckles and palms stretch the base out on the pizza tin.
4. Prepare any ingredients for your toppings.
5. Using a spoon spread the tomato sauce evenly over your pizza base.
6. Carefully place your toppings on to the pizza.
7. Cover with grated cheddar or dot around pieces of mozzarella.
8. Place in to the oven for approximately 10 – 15 minutes.
9. Allow to cool before cutting in to slices.

## **Pineapple upside down cake**

### **Ingredients**

2 tablespoons sugar

6 slices canned pineapple in juice (plus 3 tablespoons of the juice)

11 glacé cherries (optional)

100 grams **plain** flour ( do not use self raising)

1 teaspoon baking powder

100 grams soft butter/margarine

100 grams caster sugar

2 large eggs

**Equipment:** container to carry home your cake

### **Method**

1. Sprinkle the 2 tablespoons of sugar on top of a lightly oiled , lined cake tin . Then arrange the pineapple slices to make a circular pattern across the bottom.
2. If using fill each pineapple ring with a glacé cherry, and then dot one in each of the spaces in between.
3. Put the flour, baking powder, butter, caster sugar and eggs into a mixing bowl and whisk with an electric whisk. Then pour in the 3 tablespoons of pineapple juice to thin it a little if necessary.
4. Pour this mixture carefully over the cherry-studded pineapple rings; it will only just cover it, so spread it out gently.
5. Bake for 30 minutes, then ease a spatula around the edge of the tin, place a plate on top and, turn it upside-down.