



Poole High School

VALUED, INSPIRED, EMPOWERED

## Year 7 Recipe Book

2021—2022

Name: \_\_\_\_\_ Technology Teacher: \_\_\_\_\_

Technology Group: \_\_\_\_\_ Room: \_\_\_\_\_



## Note to parents:

This recipe book contains all the recipes needed for the Year 7 Food Technology rotation. Students will need to bring this recipe book to every lesson along with ingredients and a container to take their products home in. Students will be given at least a weeks notice for ingredients, if there are any problems in getting ingredients please make a note in your child's planner, in advance of the lesson please, so we can ensure ingredients are available and your child does not miss out on vital practical lessons. Recipes can be added to or changed with ingredients at home you may have closer to the date. Ingredients will need to be weighed out at home before the lesson and stored in their Food Technology room before registration. Due to 1 hour lessons some dishes will be made across two lessons. Products will be stored in their Food Technology classroom until the end of the day and in the fridge or freezer if necessary.

## Fruit Salad

### Ingredients:

- 1 clementine
- 6 red grapes
- 6 green grapes
- 1 kiwi fruit
- 1 banana
- 1 apple
- 2 x 15ml spoons orange juice

### Method:

1. Peel the clementine and separate into segments.
2. Cut the grapes in half and remove any seeds.
3. Peel the kiwi fruit and slice.
4. Peel the banana and slice.
5. Quarter the apple, remove the core and slice.
6. Place all the fruit in a bowl.
7. Add the orange juice and mix together.

**Don't forget...** a rigid plastic container that doesn't leak to take it home in!



## Stir Fry

### Ingredients:

- 300g vegetables, finely shredded e.g. cabbage, carrots, mushrooms, peppers
- 2 tablespoons vegetable oil
- 350g lean meat e.g. pork, turkey beef, chicken or prawn
- 1 tablespoon soy sauce
- 2 teaspoons Chinese 5 spice
- 2 onions, thinly sliced
- 2 cloves garlic, crushed
- ½ red chilli or pinch chili flakes or cayenne pepper
- 2 tablespoons water

### Extra flavour

Add extra garlic and chilli and a squeeze of lime juice or fresh grated ginger



**Don't forget...** a rigid plastic container that doesn't leak to take it home in!

### Method:

1. Prepare all the vegetables and set aside.
2. Heat a wok or large frying pan over high heat and add 1 tablespoon of the oil. Once hot, add the meat and stir-fry for 3-4 minutes.
3. Remove the meat from the wok and put into a bowl, then add the soy sauce, sprinkle with the Chinese 5 spice, mix well and set aside.
4. Heat the remaining oil in the wok and add the onions. Stir-fry for 2 minutes then add the garlic and chilli and stir 1 minute.
5. Add the mixed vegetables and return the meat to the wok, stir for 2 minutes, add 2tbsp water, cover with a lid and cook for a further 1 minute.
6. Mix well and serve with rice or noodles.



**Home Learning...** Show your parents/ carer how you use the bridge and claw by preparing your vegetables at home!

**Don't forget...** a rectangular baking tray to bake and take it home on!

## Puff Pastry Tart Ingredients:

- 215g ready rolled puff pastry sheet,
- 3 tbsp tomato puree/ pesto,
- 4 slices of ham,
- 125g ball mozzarella/ cheddar cheese,
- 1 red pepper/ 1 tomato,
- Pinch of mixed herbs,



## Method:

1. Preheat oven to 200°C/ Gas mark 7,
2. Unroll the pastry onto a baking sheet and score a border 1 cm from the edge,
3. Prick inside with a fork and spread with the tomato puree/pesto. Bake for 12-15 mins.
4. Remove tart from the oven, then squash down the puffed-up pastry inside the border with the back of a wooden spoon and top with ham, cheese, peppers and herbs.
5. Bake for a further 12-15 mins until the base is crisp.

## Crumble Recipe

Serves 4-6

- 150g plain flour
- 50g butter (at room temperature)
- 75g soft brown sugar (you can use normal white granulated sugar if you don't have access to brown sugar)

Fruit (See options at the bottom of the page.)

Method:

1. Pre-heat the oven to 180°C / 350°F / Gas Mark 4
2. Place the flour in a large mixing bowl and gently rub in the butter using your fingertips
3. When it looks crumbly and the fat has been rubbed in evenly, stir in the sugar
4. Sprinkle the crumble mixture over the fruit of your choice in a heatproof bowl
5. Use a fork to gently spread the topping so it's evenly distributed over the fruit (but don't press down)
6. Cook on a high shelf in the oven for 30 – 40 minutes or until light brown

**Don't forget...** An ovenproof dish to bake and take it home in!

### Alternatives to the basic crumble topping:

- Substitute 3oz of the flour with 3oz of **rolled oats** or, For a nutty crumble topping reduce the flour to 5oz and add 2oz **chopped nuts**

### Fruit Filling:

If you want a really quick and easy dessert, you can use a tin of pie filling eg. blackberry and apple filling. Simply pour this into a heatproof bowl and add your crumble topping as directed above.

### Apple Crumble:

Simply slice a couple of **large bramley apples** into a heatproof bowl and sprinkle with approx 3 tablespoons of sugar (do not add any water as the apples will break down and generate plenty of liquid). Then add your crumble topping and bake as directed above. Alternatively add 1/2 teaspoon of **ground cinnamon** to your crumble topping before pouring it onto your apples to add a lovely hint of cinnamon.

### Rhubarb Crumble:

Peel 3 medium sticks of **rhubarb** and chop it into chunks. Place into your heatproof bowl and sprinkle with approx 3 tablespoons of sugar (you can add more if you have a sweeter tooth!). Sprinkle with the crumble topping and bake as directed above. If you prefer, sprinkle 1/2 teaspoon of **ground ginger** over your rhubarb before adding the crumble topping.

# Cheese Scone

## Ingredients:

- 250g SR flour
- 1 x 5ml spoon mustard powder
- 40g butter or margarine
- 75g hard cheese
- 125ml semi skimmed milk



# Fruit Scone

## Ingredients:

- 350g SR flour
- 1 tsp baking powder
- 3 tbsp caster sugar
- 85g butter or margarine
- 75g dried fruit
- 175ml semi skimmed milk

## Method:

1. Preheat the oven to 220°C or gas mark 7.
2. Prepare a baking tray, e.g. greased.
3. Sieve the flour and mustard into the bowl.
4. Rub in the butter or margarine into the flour until it resembles breadcrumbs.
5. Grate the cheese.
6. Stir in the cheese.
7. Make a well in the middle of the flour and carefully pour in the milk. (Save just a little of the milk.)
8. Mix to form a soft dough.
9. Place the dough on a lightly floured work surface.
10. Roll out the dough to about 1½cm thick.
11. Shape the scones using a cutter.
12. Place the scones on a baking tray and brush each top with a little milk.
13. Bake for 12-15 minutes, until golden brown.

**Home Learning...** Weigh ingredi-

## Method:

1. Preheat the oven to 220°C or gas mark 7.
2. Prepare a baking tray, e.g. greased.
3. Sieve the flour into a bowl.
4. Rub in the butter or margarine into the flour until it resembles breadcrumbs.
5. Stir in the dried fruit,
6. Make a well in the middle of the flour and carefully pour in the milk. (Save just a little of the milk.)
7. Mix to form a soft dough.
8. Place the dough on a lightly floured work surface.
9. Roll out the dough to about 1½cm thick.
10. Shape the scones using a cutter.
11. Place the scones on a baking tray and brush each top with a little milk.
12. Bake for 12-15 minutes, until golden brown.

**Home Learning...** Weigh ingredients accurately at home.

**Don't forget...** a round cake tin or pie dish to take it home in!

## Flapjack Ingredients:

**Focus: To produce a snack high in Fibre**

- 175g butter,
- 75g golden syrup,
- 115g soft brown sugar,
- 175g porridge oats,
- 50g coconut/ raisins/ cherries/ dried fruit.
- 50g wholemeal flour

1. Pre heat oven to 180 °C/ gas mark 4.
2. Place butter and syrup in a pan over a low heat and melt together,
3. Remove the pan from the heat and stir in the remaining ingredients. Mix thoroughly.
4. Grease a 30 x 20cm shallow tin with oil, then pour in the mixture and spread it out evenly right to the edges and corners.
5. Bake in the oven for 15 minutes.
6. Allow to cool slightly before in the tin before cutting in half lengthways.

## Method:

# Spring Rolls

## Ingredients:

- 300g pack mixed stir-fry vegetables
- 2 tbsp soy sauce
- 2 tbsp sweet chilli sauce
- handful chopped mint
- handful chopped coriander
- 4 sheets filo pastry

a little melted butter

## Method:

1. Heat oven to 200C/180C fan/gas 6.
2. Put the vegetables, sauces, and herbs in a bowl and stir to combine.
3. Cut the pastry sheets in half and brush with some of the melted butter.
4. Stick 2 of the halves together, then arrange 1/4 of the filling in the middle.
5. Brush with some more butter and roll up.
6. Transfer to a baking sheet. Repeat with remaining sheets, then brush with a little more butter.
7. Bake for 15-20 mins until golden and crisp.

# Cheesecake

## Ingredients:

- 200g digestive/hob nob biscuits
- 75g butter or hard margarine
- 200g soft cream cheese
- 50g caster sugar
- 1/2pt double cream
- 50g melted chocolate (optional)
- 100g fresh or tinned fruit for decoration.



## Method:

1. Crush biscuits using a rolling pin or in a food processor.
2. Melt margarine and stir in biscuits.
3. Press into bottom of 20 cm round tin, using the back of a metal spoon.
4. Make filling by whipping cream until stiff, and stirring in sugar and cream cheese with a wooden spoon.
5. Be careful not to beat or the mixture will go runny!
6. Stir in lemon rind and/or melted chocolate.
7. Spread over biscuit base with palette knife and smooth over.
8. Decorate with fresh fruit or small slices of lemon or grated chocolate

**Don't forget...** a round cake tin or pie dish to take it home in! This will be made over 2 lessons. The base will be made one lesson and stored correctly in the freezer until the following lesson. *If using Oreos bring in 400g.*

**Home Learning...** Show your parents/ carer how you use the bridge and claw by preparing your vegetables at home!

## Bolognese Ingredients:

- 1 onion
- 1 carrot
- 1 celery stick
- 1 clove garlic
- 1x15ml spoon oil
- 1 x 400g canned chopped tomatoes
- handful of fresh basil
- black pepper
- 250g minced beef
- 100ml water
- 1 x tbsp tomato puree.

## Chilli Con Carne Ingredients:

- 1 onion
- 1 clove garlic
- 1 green pepper
- 1 x 10ml spoon oil
- 250g minced beef
- 1 x 10ml spoon flour
- 250ml stock
- 1 x 400g can red kidney beans
- 1 x tbsp tomato puree
- 1 x tsp chilli powder

## Method:

1. Peel and chop the onion, carrot and celery and peel and crush the garlic.
2. Fry the onion, carrot, celery and garlic in the oil for 5 minutes, until soft. Add the meat until the mice is lightly browned.
3. Add the tomatoes, tomato puree, mixed herbs and water and mix all ingredients together. Tear in the basil leaves.
4. Add a few twists of black pepper, then allow to simmer gently for 30 minutes (longer if possible).

**Home Learning...** Show your parents/ carer how you use the bridge and claw by preparing your vegetables at home!

## Method:

1. Prepare the vegetables:
  - Peel and chop the onion.
  - Deseed and chop the pepper.
  - crush the garlic.
2. Fry the onion and garlic in the oil for 3-4 minutes.
3. Add the minced beef and cook until it has browned.
4. Stir in the flour.
5. Pour in the stock.
6. Drain the red kidney beans and add to the meat.
7. Stir in the tomato puree and chilli powder.
8. Bring to the boil, then allow to simmer for 20 minutes.
9. Add the green pepper and allow to cook for a further 15 minutes.

# Mushroom Risotto

## Ingredients:

- 1tspn Vegetable oil
- 1 Bunch spring onions, trimmed and chopped
- 300g Risotto rice
- 1 Garlic clove, crushed
- 200g Mushrooms, sliced
- 900ml Hot vegetable stock
- 75g Frozen peas, thawed
- Ground black pepper



**Don't forget...** a rigid plastic container that doesn't leak to take it home in!

## Method:

1. Heat the vegetable oil in a large frying pan or saucepan and cook the spring onions over a medium-high heat for a few seconds.
2. Add the rice and cook over a low heat for about 1 min, stirring all the time until the rice looks glossy but not brown.
3. Add the garlic and mushrooms, then pour in about half the hot stock and stir well.
4. Cook over a medium heat for 20-25 mins, stirring often and gradually adding the remaining stock a little at a time until the rice has absorbed all the liquid.
5. Check that the rice is tender. It should have a nice creamy texture. If it needs cooking for a bit longer, add a little more hot water. Add the peas, stirring gently to mix them in. Check the seasoning, adding some pepper if needed.

