Year 7
Food and Nutrition
Recipe book

Selwood
Academy

Name: _____

Teacher: _____

Tutor group:_____

Practical lessons:

1. Give the ingredients list to your parent or carer in plenty of time before the lesson.
2. The school will provide salt, pepper, oil for frying and flour for rolling out. You must bring in everything else.
3. **Bring a named container to take food home in**. Don't forget to check the size you need for the recipe.
4. If you miss a lesson you must see your teacher to find out what you are cooking next time.
5. Please see me or ask your parents to contact me well in advance if there is any difficulty providing ingredients for a lesson.
6. This recipe book is also on the school website

WASHING UP.

- SCRAPE – as much of the food off the plates and dishes as you can.
- SORT – Put all of the dirty dishes and pans neatly stacked by the sink. Not **in** the sink.
- STACK – Stack in order., cutlery, plates, bowls and lastly saucepans
- Wash cleanest items first, one item at a time.
- Do not put all your washing up into the sink together.
- Wash in the order of cutlery, plates or dishes, then lastly saucepans.
- If the water is too dirty change to clean hot water and continue.
- Drain the items upside down on the draining board before drying with a clean tea towel

Vegetable soup

Ingredients

1 onion

1 carrot

1 Potato

A handful of frozen peas

1 x 400g tin chopped tomatoes

1 stock cube

½ tsp of dried chili flakes

1 tbsp tomato puree

Method:

1 Prepare the vegetables: peel and slice the onion.

2 Top and tail, peel and slice the carrot very small.

3 Peel and cut the potato into approximately 1 cm cubes pieces.

4 In a saucepan heat 1 table spoon of oil. Gently fry the onion for a few minutes.

5 Crumble the stock cube into the pan and add all remaining vegetables and sauté for 3-4 minutes.

6 Add the tin of tomatoes to the saucepan – rinse the tin out with a little water and add to the saucepan. .

7. Stir everything together, bring to the boil and then simmer for 20 minutes, until the carrots and potatoes are soft. Season with salt and pepper

Your soup can be blended at home if you prefer a smooth vegetable soup

Fruit crumble

Ingredients

100g plain flour

50g butter or baking fat/block

50g oats

25g sugar

2 eating apples

50g sultanas

1 tsp of cinnamon (optional)

1 oven proof pie dish or tin foil container

Method:

1 Preheat oven to 190°C.

2 Add the flour and butter to a large mixing bowl

3 Using your fingertips , blend the flour and butter until the mixture looks like breadcrumbs

4 Mix in the sugar and the oats into the mix

5 Core the apples, cut into quarters and then slice thinly.

5. Arrange the apple slices in an oven proof/foil tray dish. Place the dish on a baking tray. tray, and then add the sultanas.and cinnamon (optional)

6. Sprinkle the crumble topping over the apple and sultanas.

7. Bake for 25 – 30 minutes, until the apples are soft and the crumble is golden brown.

Pizza swirls

Ingredients

150g self-raising flour

25g butter or baking fat/block

1 egg

50ml milk

Toppings

50g grated cheese

2 tablespoons tomato puree

Herbs, peppers, onion, ham etc.

Method:

1 Preheat the oven to 200°C or gas mark 6. Grease or line a baking tray.

2 Add the flour and butter to a large mixing bowl

3 Using your fingertips , blend the flour and butter until the mixture looks like breadcrumbs

4 Whisk the egg and milk together in a small bowl with a fork.

5 Add the egg mixture to the flour. Mix to form a soft dough ball.

6 Roll out the dough on a floured surface to form a rectangle.

7 Spread the tomato pizza sauce over the dough and scatter on the other toppings. Leave a 2cm gap around the edges.

8 Grate the cheese and sprinkle the grated cheese and herbs on top.

9 Roll up from the long end sealing the filling inside.

10 Cut into 4cm slices.

11 Place flat on the baking tray and bake for 10 minutes, until golden brown.

12 After baking, place on a cooling rack.

Fish goujons

Ingredients

200g white fish such as cod

50g corn flakes

½ lemon

1 x 5ml spoon mixed herbs

1 egg

2 x 15ml spoons plain flour

Method:

1 Preheat the oven to 200°C or gas mark 6.

2 Grease or line a baking tray.

3 Cut the coley into finger-sized pieces. Cover and put in the fridge.

4 Zest the lemon.

5 Place the corn flakes, lemon zest and herbs into the small plastic bag. Press everything together to crush the flakes into crumbs. Pour onto a plate.

6 Beat the egg in a shallow bowl. Spread the flour on a plate.

7 Toss each piece of fish in the flour. Then dunk in the egg and roll in the crumbs. Place on the baking sheet and continue with remaining fish.

8 Cook the fish goujons for 10-15 minutes, until golden.

Quiche

Ingredients

·**Short crust pastry**

100g plain flour

50g butter or baking fat/block

2-3 x 15ml spoons water

Filling

2 eggs, large

125ml semi-skimmed milk

50g cheese

2 slices of ham (or 3 mushrooms, peppers etc.)

1 oven proof pie dish or small cake tin (if you have one)

Method:

1 Preheat the oven to 170ºC.

2 Grease the tin.

3 Make up the shortcrust pastry:

4 Sift the flour into a bowl;Cut the fat into cubes and add to the flour

5 Rub the fat into the flour until the mixture resembles breadcrumbs;

6 Add the water a spoonful at a time and mix until the dough comes together.

7 Roll out the pastry on a floured surface and lay into quiche tin.

8 Prick the bottom of the pastry with a fork.

9 Place the bacon/mushrooms around the pastry base.

10 Whisk with the eggs and milk together in a mixing bowl

11 Pour the egg mixture over the pastry base.

12 Grate the cheese into mixture

13 Bake for 25-30 minutes, until golden brown and firm.

Fruit muffins

Ingredients

250g self raising flour

2 x 5ml spoons baking powder

100g caster sugar

230ml semi-skimmed milk

1 egg

60ml oil

100g fruit (apples, cherries, blueberries)

Method:

1 Preheat oven to 180°C or gas mark 4

2 Place muffin cases in muffin tray

3 Mix all the dry ingredients (flour, baking powder and sugar) in a mixing bowl

4 Add the milk, egg and oil to a jug and whisk together.

5 Add the wet ingredients to the dry ingredients to make a smooth batter

6 Add in the fruit and mix.

7 Pour the batter back into the jug

8 Pour the batter into the muffin cases filling about 2/3 of the case

9 Bake for about 20 minutes, until golden.

10 Allow to cool on a cooling rack

Chelsea buns

Ingredients

250g strong white flour

1 x 2.5ml spoon salt

40g butter or hard baking fat

125ml milk

7g pack of fast action dried yeast

75g currants

25g mixed peel

25g Demerara sugar

1 x 5ml spoon mixed spices or cinnamon

Method:

1 Preheat the oven to 220ºC or gas mark 7

2 Grease or line a deep-sided roasting tin or Swiss roll tin.

3 Sift the flour and salt into a bowl. Rub in 15g of the butter or hard baking fat.

4 Add the yeast.

5 Warm the milk until lukewarm in a saucepan.

6 Pour the warm milk into the flour mixture.- **Don't add all at once – It's easier to add more than take it out!**

7 Mix into a soft dough.

8 Knead the dough for 10 minutes until smooth and elastic.

9 Roll out into a square (25cm x 25cm) on a floured surface.

10 Melt the remaining butter or hard baking fat in a small saucepan, then brush over the dough.

11 Sprinkle the currants, mixed peel, spice and sugar over the dough.

12 Roll up the dough like a Swiss roll.

13 Cut into 8 slices.

14 Arrange slices in baking tin, cover and leave to rise (until they double in size).

15 Bake for 20 minutes, until golden brown.

Savoury scones

Ingredients

350g self raising flour
1 Tbsp baking powder
50g of butter
1 medium - large egg
¼ Tsp salt (school will provide)
300ml of milk (semi skimmed)

Add at least two additional ingredients, for example:

- ➔ 100g cheese
- ➔ Rosemary (sprigs)
- ➔ Sage (sprigs)
- ➔ 1 Onion
- ➔ 10 Olives
- ➔ 1 Red peppers
- ➔ Chorizo
- ➔ 4 Sun dried tomatoes
- ➔ Chives (small handful)
- ➔ 2 rashers of cooked bacon

Method:

1 Preheat oven to 220°C or gas mark 7.

2 Grease or line the baking tray.

3 Prepare optional ingredients

4 Sift the flour into the bowl.

5 Rub the fat into the flour until it resembles breadcrumbs.

6 Mix in optional ingredients

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.

14 Allow to cool on a cooling rack

Design your own pizza

Ingredients

Base:
150g self-raising flour
25g unsalted butter
1 egg
50 ml semi-skimmed milk

3 Tbsp. of passata sauce

Example Toppings:
Small portions of fruit; for example, pepper, tomatoes, pineapple, avocado, figs, olives
Small portions of vegetables; for example, onion, sweetcorn, mushrooms, spinach, garlic
50g cheese. For example; cheddar, mozzarella, feta
Type of meat/alternative (small portion).
For example, cooked chicken, ham, pepperoni, chorizo, quorn pieces, tofu, vegan bacon
1 Tsp. of dried herbs; for example oregano, basil, herbs de provence.

Method:

1 Preheat oven to 220°C or gas mark 7.

2 Grease or line the baking tray.

3 Prepare optional ingredients

4 Sift the flour into the bowl.

5 Rub the fat into the flour until it resembles breadcrumbs.

6 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 into a circle about 1½cm thick.

11 Spread the passata sauce onto the base with the back of a spoon and sprinkle over your herbs

12 Arrange your optional toppings over the pizza base

13 Grate your cheese and scatter over the top of your pizza.

13 Bake for 12 – 15 minutes, until golden brown.