

Year 7

Food

Technology



Name:

Quiche

Method

1. Preheat the oven to 170°C.
2. Grease the muffin case tin.
3. Make up the shortcrust pastry: Sift the flour into a bowl;
4. 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. Grate the cheese and whisk with the eggs and milk.
11. Lay the ham or mushrooms on the pastry.
12. Pour the egg mixture over the pastry base.
13. Bake for 25-30 minutes, until golden brown and firm.



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



SELWOOD ACADEMY
ANGLICAN/METHODIST FOUNDATION SCHOOL

Over the next 12 weeks you will be taking part in a project to design and make a healthy lunchtime snack. You will be expected to bring in your own ingredients and cook a variety of dishes. The teacher will give you a demonstration to make the product and then the following lesson you will be making them independently.

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 and I will post the ingredients list on Google classroom.

Pizza Swirls

Ingredients

200g self raising flour
50g margarine or butter
50g grated cheese
150ml milk

Toppings

50g grated cheese
2 tablespoons tomato puree
Herbs, peppers, onion, ham etc.



Method

1. Turn the oven on to **180 ° C**
2. Line a baking tin with grease proof paper.
3. In the mixing bowl place the flour, salt and butter. Rub the butter in to form bread crumbs. Add the grated cheese into the mixture.
4. Carefully add milk a bit at a time and using a pallet knife stir together to make a dough.
5. Roll out the dough on a floured surface to make a rectangle about half a cm thick.
6. Spread the tomato puree over the rectangle and add the cheese and other toppings.
7. Roll up into cylinder and then cut into 2 cm disks.
8. Lay flat onto a baking tray and bake for 10 mins until golden brown.

Teacher's challenge:

Can you make all your swirls the same size?

Vegetable Soup

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 small 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 ingredients . Add enough water to cover the vegetables.
6. Stir everything together, bring to the boil and then simmer for 20 minutes, until the carrots and potatoes are soft.
7. Blend your soup if your would like it smooth.

1 stock cube

1/2 x 5ml spoon dried chilli flakes

1 x 15ml spoon tomato puree



Ingredients

1 onion

1 carrot

1 potato

1 x can chopped tomatoes (400g)

Apple Crumble

Method

1. Preheat oven to 190°C.
2. Rub the fat into the flour until it resembles breadcrumbs.
3. Stir in the oats and sugar.
4. Cut the apples into quarters and remove the core. 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.
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.



Ingredients

100g plain flour

50g butter or baking fat/
block

50g oats

25g sugar

2 eating apples

50g sultanas

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

Teacher's challenge:

Can you add extra fruit?

Fruit Muffins

Ingredients

250g self raising flour
1 x 5ml baking powder
100g caster sugar
230ml milk
60ml oil
1 egg
100g fruit (chopped apples, cherries, blueberries etc.)

12 x muffin cases



Method

1. Turn the oven on to Gas Mark 4, Electric 180°C
2. Put muffin cases into muffin tin.
3. In the mixing bowl place the flour, sugar and baking powder.
4. In a jug carefully measure the milk and oil. Then break the egg into the jug and mix all the wet ingredients together.
5. Add the wet ingredients into the mixing bowl of dry ingredients. Mix together to form a batter. Gently stir in the fruit.
6. Pour the batter back into the jug and then carefully pour into each tin, filling the muffin cases 2/3 full.
7. Bake for 15-20 mins until golden brown and a knife comes out clean.

Teacher's challenge:

Can you use more than one type of fruit in your muffins?

Cheese Straws

Ingredients:

75g plain white flour
25g plain wholemeal flour (if you have, otherwise make up with plain.)
 $\frac{1}{2}$ x 5ml spoon of mustard powder
50g butter or margarine
50g cheddar cheese
2 x 15ml spoons cold water



Teacher's challenge:

Can you twist your straws to make them more interesting?

Method

1. Preheat the oven to 200°C or gas mark 6. Grease or line the baking tray.
3. Sift the flour and mustard powder into the mixing bowl.
4. Using your fingertips, rub the butter or margarine into the flour until it resembles fine breadcrumbs.
5. Grate the cheese. Stir the cheese into the flour mixture.
7. Using a palette knife, mix to form a smooth dough, adding a little cold water to help bind the mixture together.
8. Roll out, on a lightly floured surface, to form a rectangle about 0.5cm thick.
9. Trim away the edges and cut into thin strips, about 1.5cm x 7cm, using the palette knife.
10. Place the straws on the baking tray. Bake for 10 minutes, until golden brown.
12. Allow to cool before transferring from the baking tray on to the cooling rack.