

Food Technology

Year 7 Recipes



Fruit Crumble

Ingredients:

Crumble Topping: 150gms (6ozs) plain white flour
75 gms (3ozs) block margarine
50 gms (2ozs) white sugar

Filling: Either 500gms (1lb) cooking apples

Variations:

1. Use $\frac{1}{2}$ wholemeal and $\frac{1}{2}$ white flour
2. Use all wholemeal flour
3. Use $\frac{1}{2}$ white flour and $\frac{1}{2}$ oatmeal flour
4. Add 25gms (1oz) chopped nuts

Method:

1. Switch on oven.
2. Sieve flour into mixing bowl. Cut up margarine and add flour. Rub in using finger tips only until the mixture looks like fine breadcrumbs. Add sugar and stir well.
3. Place prepared fruit into ovenproof dish.
4. Spoon crumble on top of the fruit. Smooth flat with a fork.
5. Bake until crumble is golden brown.
6. Wash up and clear away.
7. Check your oven is switched off.
8. Evaluate your work.

Oven Temperature:

190°C or Gas Mark 5

Cooking time:

15-20 minutes

Equipment required:

1 mixing bowl

1 sieve

1 pastry knife

1 tablespoon

1 fork

Fruit Salad

Ingredients: 125mls orange juice or freshly squeezed orange juice
1 orange
1 apple
1 banana
small quantities of one or two other fruits you may like to add e.g. grapes, kiwi, pear, strawberries.

Equipment required:
1 mixing bowl
1 measuring jug
1 small sharp knife
1 green chopping board
1 metal spoon
newspaper for peelings

Method:

1. Measure out orange juice and put in mixing bowl.
2. Peel orange. Cut each segment into small pieces and put in bowl with juice.
3. Cut apples into quarters and remove core. Cut into small pieces and out into bowl.
4. Slice banana and add to bowl. Stir to ensure all fruit is coated with juice.
5. Add any remaining prepared fruit.
6. Put the fruit salad into container.
7. Wash up and clear away.
8. Evaluate your work.

Fruit Muffins

Ingredients:

300g self raising flour
2 tsp baking powder
75g caster sugar
2 eggs
350ml milk
160g butter or margarine
150g of fresh, tinned or frozen fruit

Method:

1. Sieve flour , add sugar and baking powder into a Mixing bowl.
 2. Melt the butter in a saucepan
 3. Beat the eggs and add the milk and melted butter
 4. Fold everything together
 5. Chop the fruit if needed and add to the mixture.
 6. Pour the mixture into a big jug and pour into the muffin cases
 7. Bake for 20-25 minutes until brown and firm.
1. Wash up and clear away

Oven Temperature:

190°C Gas Mark 6

Cooking time:

20-25minutes

Equipment required:

white tray, bun tin
mixing bowl, sieve
teaspoon,
basin, fork
measuring jug
table spoon
Chopping board
Sharp knife
black plastic spoon

Kaleidoscope Couscous

Ingredients: 200gms couscous

10ml (1 dsp) bouillon or 1 stock cube

250ml boiling water

black pepper

¼ red pepper

¼ green pepper

¼ yellow or orange pepper

4 spring onions

60ml (4 tb sp) canned sweetcorn

4 cherry tomatoes

1 tablespoon mint

Equipment required:

mixing bowl

measuring jug

saucepan

dessert spoon

teaspoon,

tablespoon, fork

plate

green chopping board,

sharp knife

Method:

1. Place the bouillon powder or stock cube in a saucepan with the measured water, bring to the boil.
2. Put the couscous into the mixing bowl and pour over the boiling water, stir briskly with a fork. Season with black pepper. Cover the bowl with a plate and set aside for 10-15 mins.
3. De-seed and chop peppers. Finely slice the spring onions. Cut the tomatoes into quarters. Finely chop the mint.
4. Remove the plate from the couscous, separate the grains and leave to cool.
5. When the couscous is cold, stir in the prepared vegetables and place in a serving bowl.
6. Wash up and clear away.
7. Evaluate your work.

Pasta Salad

Ingredients: 100gms pasta shapes
45ml (3 tbsp) sunflower oil
10ml (1 dsp) tomato ketchup
10ml (1 dsp) vinegar
1 small carrot
½ red pepper
½ small cucumber
6 cherry tomatoes
100gms cheddar cheese

Equipment required:
saucepan
colander, mixing bowl
green & white chopping boards
sharp knife, table spoon
white tray, newspaper, peeler
grater

Pasta Salad

cont....

Method:

1. Cook pasta until tender.
2. Mix the oil, vinegar and ketchup in the mixing bowl.
3. Peel and grate the carrot.
4. De-seed, slice and dice pepper.
5. Cut cucumber into sticks and dice.
6. Cut tomatoes into quarters.
7. Dice the cheddar cheese.
8. Place all the salad ingredients, except the tomatoes, and the cheese into the mixing bowl and mix well.
9. Drain the pasta and plunge it into cold water, drain well.
10. Add the pasta to the cheese and vegetables, combine well.
11. Turn the pasta into a serving dish and garnish with tomatoes.
12. Wash up and clear away.
13. Check your oven is switched off.
14. Evaluate your work.

Queen Cakes

Ingredients:100gms (4ozs) margarine
100gms (4ozs) caster sugar
100gms (4ozs) self raising flour
2 eggs
12 paper cake cases
Icing
150gms (6ozs) icing sugar
Cake decorations

Oven Temperature:

190°C / Gas Mark 5

Cooking time:10-12 minutes

Equipment required:1 mixing bowl

1 black plastic spoon

1 sieve

1 measuring jug

1 fork, 1 bun tin

1 cooling rack,

1 table spoon

Method:

1. Switch on oven. Place the shelf just above the centre.
2. Place the paper cases in the bun tin.
3. Sieve flour into the bowl, add all the other ingredients and **beat** well with a **wooden** spoon until **light and fluffy**.
1. Divide between paper cases and bake until well risen, firm and golden brown.
2. Cool on cooling rack.
3. Make up glaze icing with boiling water and decorate cakes.
4. Wash up and clear away.
5. Check your oven is switched off.
6. Evaluate your work.

Scones

Ingredients:

Plain Scones:

250gms (8ozs) self raising flour
1 teaspoon baking powder
50gms (2ozs) margarine
125mls (¼ pint) milk
Extra flour for rolling out

Variations:

Sweet Scones:

25 – 50gms (1-2ozs) sugar

Fruit Scones:

25gms (1oz) sugar
50 gms dried fruit

Cheese Scones:

100gms (4ozs) grated
cheese
1 x 5ml (1 teaspoon)
powdered mustard

Cheese & Herb Scones:

75gms cheese, 1 tbsp
chopped fresh
parsley
⅓ t sp fresh thyme leaves
1 tbsp fresh basil torn into
shreds

Oven Temperature:

220°C / Gas Mark 7

Cooking time:

10-15 minutes

Equipment required:

1 mixing bowl
1 sieve, 1 knife
1 teaspoon
1 measuring jug
1 rolling pin, 2" cutter
1 baking tray
1 cooling rack

Scones cont...

Method:

1. Switch on oven.
2. Sieve flour and baking powder into mixing bowl.
3. Cut and rub in margarine. Add sugar/cheese and mustard powder.
4. Mix to a soft dough with milk. **Add milk gradually.**
5. Roll out 1cm ($\frac{1}{2}$ inch thick) and cut into rounds with floured cutter.
6. Place on baking tray and bake until well risen and firm.
7. Leave to cool on a wired rack.
8. Wash up and clear away.
9. Check your oven is switched off.
10. Evaluate your work.

Pitta Envelopes

Ingredients: 2-4 pieces of pitta
Choice of fillings — you can choose any combination of ingredients from the list below, that, when mixed together should weigh approximately 100gms for each envelope.

Fillings: Carrots, cheese, onion, tomato, white cabbage, cucumber, tuna, salmon, ham, peppers, red kidney bean, sweetcorn, celery, peanuts, cashew nuts, beansprouts, radish.

Equipment from home: Air tight container.

Equipment required: White tray, sharp knife, chopping board, tablespoon, mixing bowl, newspaper, grater, peeler.

Method:

1. Split the pitta ready for filling. Put to one side.
2. Prepare the ingredients you have chosen for the filling. They will need to be chopped or grated small enough to mix together.
3. Place the filling ingredients as they are ready into the mixing bowl. Mix together.
4. Fill each pitta envelope carefully.
5. Wash up and clear away.

Cheese & Potato Pie

Ingredients: 650gms potatoes
1 onion
30gms butter
1 egg
100gms cheese
2 tbsp milk
Salt and pepper

Equipment from home: Oven proof dish.

Equipment needed: White tray, green chopping board, sharp knife, newspaper, saucepan, pan stand, colander, masher, peeler, table spoon, fork.

Method

1. **Peel** and **slice** potatoes, place with salt and water in saucepan, bring to the **boil** and **simmer** for 15 mins.
2. **Peel** and **chop** onion and add to the simmering water after 10 mins.
3. **Grate** the cheese.
4. Drain the potatoes in a colander.
5. **Mash** the potatoes with the butter, milk and $\frac{3}{4}$ of the cheese.
6. **Crack** egg into a jug, **whisk** and stir into potato mixture
7. Put the potatoes in an oven proof dish.
8. Decorate using a fork. Sprinkle remaining cheese on top.
9. **Grill** until golden brown.
10. Wash up and clear away.

Stuffed Potato Skins and Coleslaw

Ingredients: 2 large baking potatoes
A small salad
¼ white cabbage
1 large carrot
1 small onion
100gms cheese
Salt and pepper
2x Tablespoon Mayonnaise

Fillings: Carrots, onion, tomato, tuna, salmon, ham, peppers, sweetcorn,

Oven Temperature: 200°C/ Gas mark 6

Equipment from home: Container with a lid

Equipment needed: White tray, mixing bowl, small mixing bowl, dessertspoon, fork, baking tray, grater.

Stuffed Potato Skins cont....

Method

1. Heat the oven to 200C/180C fan/gas 6. Wash and dry the potatoes, put them on a baking and cook for 45min.
2. Grate the cheese onto a white chopping board.
3. Slice, dice and prepare the fillings on a red or green chopping board.
4. Slice the white cabbage, grate the carrot and chop the onion for the coleslaw.
5. Put these three ingredients into a bowl and add mayonnaise. Mix well.
6. Cut the potatoes in half. Use a spoon to scoop out the middle of the potato.
7. Place the empty potato skins back onto the baking tray.
8. Place the scooped potato into a mixing bowl. Use a fork to mash the potato.
9. Add the cheese, sweetcorn and peppers to the potato and mix well
10. Add seasoning and herbs. Mix together well.
11. Scoop the mixture back into the potato skins. Add extra grated cheese on top and bake for 10-15 mins until golden.
12. Grill until golden brown.
13. Wash up and clear away.

Pizza Wheels

Ingredients

Base:

150g self-raising flour

25g margarine

1 egg

50ml milk

Toppings:

25g tomato puree

50g cheese

1 tomato

3 mushrooms

1 onion

1 tsp dried herbs

Equipment:

Baking tray

Mixing bowl

Grater

Sharp knife

Green chopping board

Cooling wire

Round bladed knife

teaspoon

Jam Buns

Ingredients

300g S.R. Flour - white or wholemeal
150g margarine
150g sugar
1 egg
4 tablespoons of jam

Equipment

Mixing bowl
Basin
Fork
Table spoon
Teaspoon
Baking tray

Method

- 1, Light oven **gas mark 7/ electric 220°C** and grease a baking tray.
- 2, Put the flour and margarine into a mixing bowl and rub the ingredients together using fingertips until the mixture looks like bread crumbs.
- 3, Stir in the sugar.
- 4, Beat egg in a small basin and add it to the mixture.
- 5, Mix to a **stiff** dough.
- 6, Place a heaped tablespoon of the mixture onto a baking tray.
- 7, Make a hole in the centre of each bun and add half a teaspoon of jam.
- 8, Bake until golden brown approximately 15-20 minutes.
- 9, Container to take buns home

Cookies

Ingredients

125g Plain Flour
pinch of salt
75g margarine (cold)
75g sugar
2-3 tbsp milk
½ tsp vanilla essence- optional
Flavourings:
Choose one of the following:
Lemon/ orange rind, 50g choc
chips, 50g sultanas, 1 tsp mixed
spice

Equipment

Sieve
Mixing bowl
Tablespoon
Teaspoon
Wooden spoon
Spatula
Small bowl
Fork
Fish slice
Wire cooling tray
Greased baking tray

Method:

1. Preheat oven and collect equipment.
2. Place margarine, sugar, flour, milk, vanilla essence and flavourings if using into bowl and mix well.
3. Flour the work surface and shape into a sausage shape by hand.
4. Cut the dough into 8 equal pieces.
5. Transfer to a baking tray and fork the top if wanted
6. Bake until golden brown- they will still be soft at this stage.
(Approx 12-15 mins)
7. Transfer to a cooling tray.