



Name

Group Rotation 1/2/3

Dear Student.

This recipe book consists of a selection of recipes that will be taught over the rotation, please bring the recipe book to **every** lesson; you will need it to modify recipes and prepare yourself for practical's.

I hope you have a fantastic time cooking tasty, nutritional dishes.

If for any reason, you cannot bring in ingredients, please contact your Food Studies teacher and other arrangements can be made, please make sure this is done the day before the practical at the latest.

Please ensure a container is brought to every Food Studies practical lesson to take the dish home safely.

If you want to bring your own apron in to use in practicals, please do so!

Under the behaviour policy, ingredients are classed as equipment, if you forget your ingredients you will receive a C2 sanction on that day.

ALL EQUIPMENT IS PROVIDED BY SCHOOL, OTHERWISE STATED BY THE FOOD STUDIES TEACHER.

Mrs Rainton's guide to...

CLEANING UP!

Follow these steps in order...

- Fill the sink with hot water.
- Use a squirt of washing up liquid.
- Use a cleaning cloth to wipe down surfaces.
- Do not put knives into the sink as you cannot see them, always wash, dry and put these back first.
- Some equipment needs to be soaked, like saucepans.
- Wash glassware and cutlery first.
- A scourer or dishcloth should be used to remove any food.
- Use a tea towel to dry the dishes.
- Unplug the sink; drain the water and place equipment on your work space ready for inspection.
- Dry the sink and wipe the draining board and taps so they are clean, dry and free from food.
- Put pots away neatly in their correct places.

Thank you!

It is really important that everyone does what they should do so that our classrooms are ready for the next group to learn in!

Amending Recipes

Throughout the booklet I have given you options to alter the recipes to make them suitable for your family.

However, you can also alter recipes to suit your family in ways I have not suggested. I would like you to own any recipe you make, so feel free to add ingredients or swap them for something more suitable. Just remember that you should must complete the recipe within the time available and that you know what you are doing.

There are a few rules though; the Government state we have to cook predominately savoury dishes, which should be healthy.

- ✓ If we are making something sweet you may add fruit but **not** chocolate (if you choose to do this at home that is up to you).
- ✓ Your recipe cannot take longer to prepare, you may need to do some preparation at home.
- ✓ Upskilling of dishes is fabulous.
- ✓ If you remove something, it is a good idea to replace it with something similar or suitable (i.e. peas can be replaced with sweetcorn) recipes may not work if ingredients are missing.
- ✓ Experiment at home.
- ✓ Finally, remember a recipe is only ever a guide, not a set of rules.

I hope you enjoy cooking in year 7 and are inspired to start helping cook meals at home with your families.

Food Preparation Skills Used

Skills & Processes Used In Year 7



Weighing and Measuring

A vital life skill, it is important when baking that ingredients are measured using scales accurately to prevent problems occurring.

Creaming Method; Fairy Cakes

A method for making cakes, the butter and sugar are mixed together until light and creamy. This helps the cake rise as you are introducing air and makes for a lighter cake.



Melting Method; Flapjack

A method for making cookies and sweet treats, the butter, sugar and syrup is usually melted before being added to dry ingredients.

Rubbing in Method; Crumble and Savoury Scone

Butter and flour are rubbed together using your fingertips to break down the fat, before liquid is added to create a dough. Used frequently in the making of pastry and scones.



Using the Cooker Safely; Flapjack and Pizza

Regulating heat is an important part of cooking safely, along with using the cooker in a safe and controlled manner, keep pan handles facing the correct way and use correct sized pans for the hob size.

Knife Skills; Flat bread Pizza

Handling knives safely is a vital life skill, needed to help you through life. We will practice using knives safely using claw and bridge hold to prepare vegetables.



Rolling Pastry and using a Grater; Sausage Rolls

Rough puff pastry requires careful handling, to encourage the pastry to rise whilst creating layers. Fat is grated into the flour and stirred in gently, it needs careful handling to prevent the fat from mixing in too much.

4 C's

Food hygiene is necessary in order to make food which is safe to eat. This involves more than just being clean. A simple way to remember all the important areas where safety could be an issue are the **4Cs**:

- **Cooking**
- **Cleaning**
- **Chilling**
- **Cross Contamination**



Common Equipment Used in Y7



Mixing Bowl

Table knife



Wooden Spoon



Weighing scales



Saucepan



Sharp knife



Frying Pan



Rolling Pin



Fairy Cakes

Weighing and Measuring Experiment

All ingredients will be provided by school, some students will weigh their ingredients and some will guesstimate the quantities they use. You will be working in pairs to complete this task.

Ingredients (need to be weighed in school)

50g Butter

50g Sugar

50g Self-Raising Flour

1 egg



Method

1. Collect equipment; wooden spoon, mixing bowl, 2 small spoons and scales if using.
2. Mix together butter and sugar until light and creamy
3. Add egg and stir in
4. Sieve in flour and stir until smooth and lump free
5. Carefully spoon into prepared cake tins
6. Bake in oven for 15 minutes until golden brown and they spring back when pressed.

Flapjack. Baseline Assessment

Ingredients (need to be weighed in school)

75g Butter

25g Sugar

2 Tablespoons Syrup

200g Porridge Oats (you may need a little more)

50g Dried fruit (optional)

Method

1. The ovens will be lit when you come into the room
2. Collect your equipment and ingredients
3. Weigh out your ingredients accurately
4. Melt the butter with the syrup and sugar in a small pan – do not let it boil. Stir it gently using a wooden spoon
5. Bring it back to your table and put it onto a wooden triangle
6. Stir in the porridge oats and mix thoroughly (add fruit)
7. Pour it into a foil container and gently press it down
8. Ask a teacher to put it into the oven for you – it will take about 15 -20 minutes on Gas 6/200 electric
9. Your flapjack is cooked when it looks golden brown



Fruit Crumble

Ingredients

100g Self Raising Flour

50g Butter

50g Sugar

1 tin of Fruit Pie Filling or 450g of Stewed Fruit

Oven Proof Dish



Method

1. Wash your hands and collect your equipment
2. Collect and weigh out your ingredients
3. Sift the flour into a bowl
4. Add the butter and using your fingertips rub the butter into the flour until it looks like fine breadcrumbs
5. Add the sugar and gently stir it in
6. Tip your fruit into an ovenproof dish taking care not to get it around the sides
7. Spoon the crumble mixture on top of the fruit and level it out
8. Ask a teacher to put your Fruit Crumble into the oven – it will take about 20-25 minutes to cook and will look golden brown

Reheat at home in the oven (gas 5 or 190C) for 15 minutes and serve with cream or custard as desired.

Savoury Scone (Round)

Ingredients

225g self-raising flour

50g butter

75g extra ingredients, 2 or 3 of **your choice** of:
chopped ham, chopped **cooked** bacon, chopped
vegetables, etc. (following scone designing lesson)

50g grated cheese

125mls milk

Mixed herbs (from school)



Method

1. Preheat oven to 200°C.
2. Place the flour into a mixing bowl.
3. Rub the butter into the flour using your fingertips, until the mixture looks like breadcrumbs.
4. Add the extra ingredients and cheese.
5. Add the milk a little at a time, until the mixture becomes soft but not a sticky dough.
6. Put the dough onto a lightly floured work surface and pat out using your hands into a large circle shape.
7. Using your sharp knife **mark** 6 triangles (can be cut if desired).
8. Bake in the oven for 20 minutes until golden brown.

#Due to time restraints please slice veg and meat at home.

Best eaten within 24 hours

Flatbread Pizza



Ingredients

150g self-raising flour

150ml low-fat natural yoghurt

100g grated cheese (mozzarella or cheddar)

3 tbsp. tomato sauce (provided by school)

3 vegetables of your choice (e.g. onion, mushrooms, peppers etc) **TO BE SLICED IN SCHOOL!**

50g cooked meat e.g. ham, pepperoni etc.

Method

1. Place the flour into the mixing bowl.
2. Add the yoghurt and stir until well mixed.
3. Tip out onto a clean, floured worktop and knead the dough gently until smooth.
4. Sprinkle a small amount of flour on to the table and roll the dough until the size of a small plate and approx. 1cm thick.
5. Heat the frying pan over a medium heat and cook the flatbread pizza bases until crisp and golden. Turn down the heat once they have started cooking.
6. Remove the flatbread pizza base with a fish slice or tongs and place on a baking tray.
7. Spread 3 tbsp. tomato sauce on your pizza base.
8. Slice your vegetables and arrange on to your pizza.
9. Finally sprinkle the grated cheese on top (this will act as a glue to hold your toppings in place)
10. We will put pizzas in the oven.
11. Clean and dry all of the equipment you have used and replace on the table for inspection.

Sausage Rolls

Ingredients

110g plain flour (4 tablespoons)

Pinch of salt (**provided by school**)

75g hard margarine (**provided by school**)

Cold water to mix (approx. 4 tablespoons)

250g sausage meat or skinned sausages (vegetarian or meat)



Method

1. Sieve flour and salt into a bowl.
2. Carefully grate margarine into the flour, dipping it into the flour to keep it firm.
3. Gently mix fat into flour to coat it, using a knife.
4. Add enough water to make a dough. Do not over mix
5. Roll pastry out so the width is the length of one sausage.
6. Mash sausage meat in a bowl, then carefully place into the middle of the pastry.
7. Fold pastry over and seal edges with water and cut into 4 equal sized pieces.
8. Mark 2 lines in the top of the sausage roll and place onto baking tray and glaze with beaten egg.
9. Place into oven (200°C/gas mark 6) and bake for 15-20 minutes.