



YR7 RECIPE BOOKLET FOR FOOD



NAME =

DEAR PARENT/GUARDIAN,

THIS RECIPE BOOK WILL LAST FOR THE DURATION OF APPROX 20 WEEKS THAT YOUR SON/DAUGHTER IS ON THEIR FOOD ROTATION WITHIN TECHNOLOGY.

IF YOU HAVE ANY QUESTIONS REGARDING THE RECIPES YOU CAN CONTACT YOUR SON/DAUGHTERS TEACHER AT SCHOOL WITH YOUR QUERY - WE ARE ALWAYS HAPPY TO HELP. IF YOUR SON/DAUGHTER SUFFERS FROM AN ALLERGY, GENERALLY THE RECIPE CAN BE ADAPTED TO MAKE IT SUITABLE TO MEET THEIR NEEDS.

IN YEAR 7 THE PUPILS COOK EVERY OTHER LESSON (THESE LESSONS ARE DETERMINED BY THEIR TEACHER) - IF YOUR SON/DAUGHTER IS ABSENT IT IS ALWAYS BEST TO CHECK WITH THE TEACHER IF THEY ARE COOKING THE FOLLOWING LESSON.

LESSONS ARE ONLY 1 HOUR IN LENGTH AND AS YOU CAN IMAGINE ITS EXTREMELY BUSY AND FAST PACED, TO BEST SUPPORT YOUR SON/DAUGHTER IN THE LESSONS IT WOULD BE BENEFICIAL IF YOU COULD SEND THE INGREDIENTS INTO SCHOOL ALREADY WEIGHED OUT READY FOR THE PRACTICAL LESSON.

WITHIN THE BOOKLET YOU WILL SEE ON SOME RECIPES THAT SCHOOL CAN/WILL PROVIDE SOME OF THE INGREDIENTS TO MAKE IT EASIER FOR YOURSELVES FOR A SMALL AMOUNT OF MONEY. YOU WILL SEE THIS INFORMATION IN RED ON SOME OF THE RECIPES.

WE APPRECIATE YOUR SUPPORT WITH THE PROVIDING OF COOKING INGREDIENTS, AS I AM SURE YOU WILL AGREE IT IS EXTREMELY IMPORTANT FOR CHILDREN TO LEARN TO COOK.

MANY THANKS
YR7 FOOD STAFF

FRUIT FUSION

INGREDIENTS

- 5 DIFFERENT PIECES OF FRUIT - APPLE, PEAR, BANANA, 50g GRAPES, 100g STRAWBERRIES, PEACH, 2 PLUMS, AN ORANGE, KIWI OR PINEAPPLE, ETC.
- 500ml FRESH PURE FRUIT JUICE - ORANGE, APPLE, PINEAPPLE, ETC.



METHOD

1. PLACE THE FRUITS THAT REQUIRE WASHING IN A COLANDER AND RINSE UNDER THE TAP.
2. REMOVE THE PEEL/SKIN FROM FRUITS THAT HAVE AN INEDIBLE CASING.
3. USING A CHOPPING BOARD AND CHOPPING KNIFE SLICE/DICE THE FRUITS INTO SMALL PIECES AND PLACE INTO YOUR CONTAINER.
4. COVER THE FRUITS WITH THE PURE FRUIT JUICE.
5. PLACE THE FRUIT SALAD IN THE REFRIGERATOR.

PLEASE NOTE – YOU WILL NEED A PLASTIC CONTAINER TO TAKE YOUR FRUIT FUSION HOME IN.

VEGETABLE CHOWDER

INGREDIENTS

- ASSORTMENT OF VEGETABLES (BRING AT LEAST 5) SUCH AS 1 LARGE POTATO, 1 ONION, 1 LARGE CARROT, 1 LEEK, 100g CAULIFLOWER, ETC.
- 25g MARGARINE,
- 1 VEGETABLE STOCK CUBE,
- 500ml BOILING HOT WATER.



METHOD

1. PREPARE THE VEGETABLES - WASH AND PEEL THE POTATO AND THE CARROT AND CUT INTO SMALL SQUARES. CUT THE CAULIFLOWER INTO SMALL FLORETS. REMOVE THE OUTER SKIN OF THE ONION AND CUT INTO SMALL PIECES AND REMOVE THE OUTER SKIN OF THE LEEK AND SLICE INTO RINGS.
2. MELT THE MARGARINE IN A SAUCEPAN.
3. ADD THE VEGETABLES TO THE SAUCEPAN AND SAUTÉ FOR 10 MINUTES, STIRRING WITH A PLASTIC SPOON.
4. BOIL THE KETTLE AND MEASURE OUT THE 500ml OF BOILING WATER INTO A MEASURING JUG. CRUMBLE THE VEGETABLE STOCK CUBE INTO THE HOT WATER AND MIX WELL TO DISSOLVE.
5. ADD THE STOCK TO THE SAUCEPAN AND MIX WELL. BRING TO THE BOIL, REDUCE THE TEMPERATURE AND ALLOW THE SOUP TO SIMMER FOR APPROX 15 MINUTES UNTIL THE VEGETABLES ARE TENDER.
6. SEASON TO TASTE.

VARIATIONS

- VARY THE VEGETABLES TO YOUR OWN TASTE,
- YOU COULD ADD 50g DRIED RED LENTILS TO YOUR SOUP,
- TO MAKE 'CREAM OF VEGETABLE' - ADD 200ml FRESH MILK AFTER THE VEGETABLES ARE TENDER AND BLEND/PUREE THE SOUP USING A HAND BLENDER.
- TO MAKE CROUTONS EITHER TOAST 2 SLICES OF BREAD AND CUT INTO SMALL CUBES OR CUT 2 SLICES OF BREAD INTO SMALL CUBES AND FRY LIGHTLY IN BUTTER UNTIL GOLDEN BROWN.

PLEASE NOTE – YOU WILL NEED A PLASTIC CONTAINER TO TAKE YOUR VEGETABLE CHOWDER HOME IN.

VEGETABLE COUSCOUS SALAD

INGREDIENTS

- 175ml BOILING WATER
- 1 VEGETABLE STOCK CUBE
- 100g COUSCOUS
- 1 TOMATO
- 1 SPRING ONION
- $\frac{1}{4}$ CUCUMBER
- $\frac{1}{2}$ YELLOW PEPPER
- 4 DRIED APRICOTS
- 2 DESSERT SPOONS OF LOW FAT DRESSING



METHOD

1. MAKE UP THE STOCK BY DISSOLVING THE VEGETABLE STOCK CUBE IN THE BOILING WATER.
2. POUR THE STOCK OVER THE COUSCOUS IN A LARGE MIXING BOWL.
3. STIR WITH A FORK AND LEAVE TO STAND FOR 5 MINUTES.
4. WASH THE TOMATO, CUCUMBER AND YELLOW PEPPER. DE-SEED THE PEPPER, CUT THE VEGETABLES INTO SMALL CHUNKS.
5. REMOVE THE ROOT OF THE SPRING ONION AND REMOVE AN OUTER LAYER OF SKIN. SLICE INTO SMALL CHUNKS. SLICE UP THE DRIED APRICOTS INTO SMALL PIECES.
6. FLUFF UP THE COUSCOUS WITH A FORK AND THEN ADD ALL OF THE VEGETABLES AND THE DRIED APRICOTS INTO THE COUSCOUS AND MIX WELL.
7. ADD THE DRESSING AND MIX WELL.

VARIATIONS

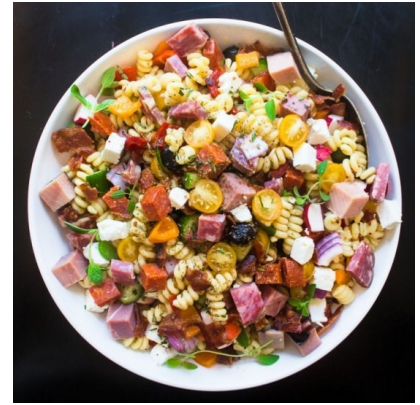
- TRY USING A VARIETY OF VEGETABLES - CELERY, SWEETCORN, OLIVES, CHICKPEAS, ETC.
- TRY USING A VARIETY OF OTHER INGREDIENTS - CHOPPED CHICKEN, TUNA, CHUNKS OF FETA CHEESE, FLAKED ALMONDS, RAISINS, ETC.

PLEASE NOTE – YOU WILL NEED A PLASTIC CONTAINER TO TAKE YOUR COUSCOUS SALAD HOME IN.

PASTA SALAD

INGREDIENTS

- 100g PASTA SHAPES
- 1 CARROT
- 100g COOKED SLICED HAM
- 1 LETTUCE
- 2 TOMATOES
- $\frac{1}{4}$ CUCUMBER
- 2 DESSERT SPOONS OF LOW FAT DRESSING



METHOD

1. FILL A SAUCEPAN UP HALF FULL OF WATER AND PLACE ON THE HOB TO BOIL.
2. ADD THE PASTA AND SIMMER FOR 8-10 MINUTES.
3. WHILE THE PASTA IS COOKING, PREPARE THE OTHER INGREDIENTS: WASH AND SHRED THE LETTUCE, WASH AND SLICE THE TOMATOES, WASH THE CUCUMBER AND CHOP INTO SMALL CHUNKS AND PEEL AND GRATE THE CARROTS. CUT THE HAM INTO SMALL CHUNKS/PIECES.
4. DRAIN THE PASTA THROUGH A COLANDER. COOL THE PASTA BY RINSING IT UNDER A COLD TAP FOR A FEW MOMENTS. DRAIN WELL.
5. PLACE THE PASTA IN A DISH.
6. ADD 1 DESSERT SPOON OF LOW FAT DRESSING AND MIX WELL.
7. ADD THE REST OF THE VEGETABLES AND THE REMAINING SPOONFUL OF LOW FAT DRESSING AND MIX WELL.

VARIATIONS

- TRY USING A VARIETY OF VEGETABLES - CELERY, SWEETCORN, LETTUCE, RADISH, ETC.
- TRY USING A VARIETY OF OTHER INGREDIENTS - CHOPPED CHICKEN, TUNA, GRATED CHEESE, BOILED EGG, ETC.

PLEASE NOTE – YOU WILL NEED A PLASTIC CONTAINER TO TAKE YOUR PASTA SALAD HOME IN.

FRUITY FLAPJACKS

INGREDIENTS

- 55g SUGAR,
- 150g BUTTER
- 397g CAN OF CONDENSED MILK,
- 1TBSP GOLDEN SYRUP,
- 250g PORRIDGE OATS,
- 200g DRIED FRUITS SUCH AS CURRANTS, DRIED APRICOTS, DRIED MANGO, DRIED CRANBERRIES, ETC.



IN THE RECIPE THE 200g DRIED FRUITS COULD BE VARIED BY USING A COMBINATION OF DIFFERENT FRUITS OR YOU COULD USE 150g DRIED FRUITS ALONG WITH 50g SEEDS SUCH AS PUMPKIN OR SUNFLOWER SEEDS.

PLEASE NOTE – SCHOOL WILL PROVIDE A FOIL CONTAINER FOR YOU TO BAKE & TO TAKE YOUR FRUITY FLAPJACK HOME IN. THESE COST 25p FROM SCHOOL.

METHOD

1. PREHEAT THE OVEN AT 180°C OR GAS MARK 4,
2. GREASE AND LINE A 23CM SQUARE CAKE TIN,
3. PLACE THE PORRIDGE OATS INTO A MIXING BOWL AND ADD THE DRIED FRUITS (CHOPPING THESE UP INTO SMALL PIECES USING KITCHEN SCISSORS IF REQUIRED SUCH AS WITH DRIED APRICOTS AND DATES) AND ADD THE SEEDS IF YOU ARE USING THEM,
4. PLACE THE SUGAR AND BUTTER INTO A SAUCEPAN AND PLACE ON THE HOB AND MELT GENTLY ON A MEDIUM HEAT,
5. ONCE THE SUGAR AND BUTTER ARE MELTED, ADD THE GOLDEN SYRUP AND THE WHOLE TIN OF CONDENSED MILK AND MIX WELL.
6. POUR THE MELTED MIXTURE INTO THE DRY INGREDIENTS IN THE MIXING BOWL AND MIX WELL TO FULLY COMBINE,
7. SPOON THE MIXTURE INTO THE PREPARED TIN AND PRESS FLAT WITH THE BACK OF A METAL SPOON,
8. BAKE FOR 20-25 MINUTES UNTIL GOLDEN AND FIRM,
9. ALLOW TO COOL FOR 3-4 MINUTES AND THEN USING A KNIFE MARK INTO 9 SQUARES AND ALLOW TO COOL FULLY.

VARIATIONS

- TAKE OUT 25g DRIED FRUIT AND TRY ADDING 25g OF DESSICATED COCONUT,
- TAKE OUT 25g DRIED FRUIT AND TRY ADDING 50g OF PECAN NUTS.

STIR-FRY

INGREDIENTS FOR STIR-FRY

- 1 RED PEPPER
- 1 CARROT
- 2 SPRING ONIONS
- 50g BABY CORN
- 50g BEANSPROUTS
- 50g SUGAR SNAP PEAS
- 2 CHICKEN BREASTS
- 2 tsp OF SUNFLOWER OIL
- 100g MEDIUM EGG NOODLES (FRESH PREFERABLY)



INGREDIENTS FOR THE SAUCE

- 1tsp RUNNY HONEY
- 1tsp SESAME OIL
- 1tbsp SOY SAUCE
- 1tbsp FRESH ORANGE JUICE
- 2tbsp SUNFLOWER OIL

PLEASE NOTE – SCHOOL WILL PROVIDE THE INGREDIENTS IN RED FOR THE STIR-FRY SAUCE FOR 60P

METHOD

1. CHOP THE CHICKEN INTO SMALL CUBES.
2. PREPARE THE VEGETABLES - CUT THE PEPPER INTO STRIPS TAKING CARE TO REMOVE THE SEEDS, PEEL THE CARROT AND CUT INTO THIN BATONS, REMOVE THE OUTER SKIN OF THE SPRING ONIONS AND CUT INTO THIN STRIPS, WASH THE BABY CORN AND CUT IN HALF, BEANSPROUTS AND SUGAR SNAP PEAS.
3. TO MAKE THE STIR-FRY SAUCE, WHISK TOGETHER THE HONEY, ORANGE JUICE, SESAME OIL, SUNFLOWER OIL AND SOY SAUCE IN A MEASURING JUG. PUT TO ONE SIDE.
4. HEAT THE 2 tsp OF SUNFLOWER OIL IN A FRYING PAN, ONCE HOT ADD THE CHOPPED CHICKEN AND COOK FOR APPROX 8-10 MINUTES UNTIL WHITE IN COLOUR.

5. ONCE THE CHICKEN IS COOKED ADD THE VEGETABLES TO THE FRYING PAN AND STIR-FRY FOR 4-5 MINUTES.
6. ADD THE FRESH NOODLES AND THE SAUCE TO THE FRYING PAN AND STIR-FRY FOR A FURTHER 2 MINUTES. **IF THE NOODLES ARE DRIED YOU WILL NEED TO BOIL THEM IN A SAUCEPAN OF BOILING WATER AND DRAIN THEM THROUGH A COLANDER BEFORE ADDING THEM TO THE FRYING PAN.**

VARIATIONS

- YOU COULD USE OTHER VEGETABLES SUCH AS MUSHROOMS, TENDERSTEM BROCCOLI, ETC.
- CHANGE THE CHICKEN TO PRAWNS OR BEEF STRIPS. OR YOU COULD USE QUORN STRIPS.

PLEASE NOTE – YOU WILL NEED A PLASTIC CONTAINER TO TAKE YOUR STIR FRY HOME IN.

THAI GREEN CHICKEN CURRY

INGREDIENTS

- 3 SPRING ONIONS
- 1 CLOVE OF GARLIC
- 2 CHICKEN BREASTS
- 2 DESSERT SPOONS OF THAI GREEN CURRY PASTE
- 200ml COCONUT MILK
- ½ LIME
- SMALL HANDFUL OF FRESH CORIANDER



METHOD

1. PREPARE THE VEGETABLES - TOP AND TAIL THE SPRING ONIONS AND SLICE AND REMOVE THE OUTER SKIN FROM THE GARLIC AND CRUSH.
2. CUT UP THE CHICKEN INTO SMALL PIECES USING A PAIR OF KITCHEN SCISSORS.
3. HEAT UP 1TSP OF VEGETABLE OIL IN A FRYING PAN, ADD THE SPRING ONIONS, THE CRUSHED GARLIC AND THE CHOPPED CHICKEN UNTIL THE CHICKEN IS A LIGHT BROWN COLOUR.
4. STIR IN THE THAI GREEN CURRY PASTE TO EVENLY COAT THE CHICKEN AND VEGETABLES.
5. ADD THE COCONUT MILK AND SIMMER FOR 15 MINUTES.
6. SQUEEZE THE LIME AND ADD TO THE CURRY.
7. CHOP THE FRESH CORIANDER AND ADD TO THE CURRY AND MIX WELL.

VARIATIONS

- YOU COULD ADD VEGETABLES TO THE CURRY - BROCCOLI, SPINACH, SUGAR SNAP PEAS, COURGETTE, ETC.
- SERVE WITH BOILED RICE - YOU COULD USE WHITE, BROWN OR WILD RICE.

PLEASE NOTE – YOU WILL NEED A PLASTIC CONTAINER TO TAKE YOUR THAI GREEN CURRY HOME IN.

APPLE & SULTANA CRUMBLE

INGREDIENTS

- 500g BAKING APPLES
- 200g PLAIN FLOUR
- 100g MARGARINE
- 50g SUGAR
- 50g SULTANAS
- 50g PORRIDGE OATS



METHOD

1. PLACE THE PLAIN FLOUR INTO THE MIXING BOWL.
2. ADD THE MARGARINE AND CUT INTO SMALL CHUNKS USING A TABLE KNIFE.
3. USING YOUR FINGERTIPS RUB THE MARGARINE INTO THE FLOUR UNTIL THE MIXTURE LOOKS LIKE FINE BREADCRUMBS.
4. ADD THE SUGAR AND THE PORRIDGE OATS TO THE MIXING BOWL AND STIR WELL.
5. PLACE MIXING BOWL CONTAINING THE CRUMBLE MIXTURE TO ONE SIDE.
6. PEEL THE APPLES USING A PEELER.
7. USING A CHOPPING BOARD AND CHOPPING KNIFE, REMOVE THE CORE FROM THE APPLES AND SLICE THINLY.
8. PLACE THE APPLE SLICES INTO THE BOTTOM OF AN OVENPROOF DISH AND ADD THE SULTANAS AND ADD THE CRUMBLE MIXTURE ONTO THE TOP. SMOOTH OUT TO GIVE AN EVEN COVERAGE.
9. PLACE THE CRUMBLE INTO THE OVEN AND BAKE AT 200°C OR GAS 6 FOR 25-30 MINUTES UNTIL GOLDEN BROWN IN COLOUR.

VARIATIONS

- SUBSTITUTE THE APPLES WITH 500g OF A DIFFERENT FRUIT SUCH AS RHUBARB OR 250g BAKING APPLES AND 250g BLACKBERRIES.
- USE 200g WHOLEMEAL FLOUR OR 100g PLAIN AND 100g WHOLEMEAL FLOUR.

PLEASE NOTE – YOU WILL NEED AN OVENPROOF DISH OR A LARGE FOIL TRAY/DISH TO PUT YOUR CRUMBLE IN SO IT CAN BE BAKED IN THE OVEN.

HEALTHY SCONES

INGREDIENTS

- 225g SELF RAISING FLOUR
- 50g MARGARINE
- 25g SUGAR
- 1 EGG
- 4 TBSPS MILK
- 50g FRUIT - CHERRIES, CURRANTS, SULTANAS, DRIED APRICOTS, ETC.



METHOD

1. SIEVE THE FLOUR INTO A MIXING BOWL.
2. ADD THE MARGARINE AND CUT INTO SMALL CHUNKS USING A TABLE KNIFE.
3. USING YOUR FINGERTIPS RUB THE MARGARINE INTO THE FLOUR UNTIL THE MIXTURE LOOKS LIKE FINE BREADCRUMBS.
4. ADD THE SUGAR AND FRUIT AND MIX WELL.
5. CRACK THE EGG INTO A MEASURING JUG AND ADD THE 4TBSPS OF MILK MIX WELL USING A FORK.
6. ADD ONLY SUFFICIENT BEATEN MILK/EGG MIXTURE TO BRING THE DRY INGREDIENTS TOGETHER INTO A BALL OF DOUGH.
7. FLOUR THE WORKSURFACE AND PLACE THE BALL OF DOUGH ONTO THE WORKSURFACE PAT GENTLY WITH THE PALM OF YOUR HAND TO FLATTEN THE BALL OF DOUGH.
8. USING A PASTRY CUTTER CUT OUT AS MANY SCONES AS YOU CAN AND PLACE ONTO A GREASED BAKING TRAY. REFORM THE DOUGH AND CUT OUT THE REMAINING SCONES.
9. GLAZE THE TOP OF THE SCONES WITH THE REMAINING BEATEN MILK/EGG MIXTURE AND BAKE AT 210°C OR GAS 7 FOR 10-12 MINUTES UNTIL GOLDEN BROWN IN COLOUR.

VARIATIONS

- * SUBSTITUTE THE SELF RAISING FLOUR WITH WHOLEMEAL SELF RAISING FLOUR OR USE 125g SELF RAISING FLOUR AND 100g WHOLEMEAL.

PLEASE NOTE – YOU WILL NEED A PLASTIC CONTAINER OR TIN TO TAKE YOUR SCONES HOME IN.

OATY RAISIN COOKIES

INGREDIENTS

- 50g BUTTER
- 50g SUGAR
- **1TBSP SET HONEY**
- 1 EGG
- **1TSP CINNAMON**
- 50g WHOLEMEAL PLAIN FLOUR
- **1TSP BAKING POWDER**
- 80g PORRIDGE OATS
- 50g RAISINS



PLEASE NOTE – SCHOOL WILL PROVIDE THE FOLLOWING INGREDIENTS HIGHLIGHTED IN RED FOR 40P

METHOD

1. PREHEAT THE OVEN TO 180°C OR GAS MARK 4.
2. PLACE THE BUTTER AND SUGAR INTO A LARGE MIXING BOWL AND CREAM TOGETHER WITH A MIXING SPOON UNTIL SMOOTH.
3. ADD THE HONEY TO THE CREAMED MIXTURE AND BEAT WELL.
4. CRACK AN EGG INTO A MEASURING JUG AND BEAT WELL.
5. ADD THE BEATEN EGG AND THE CINNAMON TO THE MIXING BOWL AND MIX WELL.
6. SIEVE INTO THE BOWL THE WHOLEMEAL FLOUR AND BAKING POWDER AND ADD THE OATS AND RAISINS AND MIX WELL TO FORM A BALL OF DOUGH.
7. GREASE A BAKING SHEET.
8. DROP HEAPED TABLESPOONS OF MIXTURE ONTO THE TRAY.
9. BAKE FOR 10-12 MINUTES UNTIL GOLDEN BROWN IN COLOUR.

VARIATIONS

- SWAP THE SULTANAS FOR ANOTHER DRIED FRUIT SUCH AS APRICOTS, CHERRIES, CRANBERRIES, ETC.

PLEASE NOTE – YOU WILL NEED A PLASTIC CONTAINER OR TIN TO TAKE YOUR COOKIES HOME IN.

MINI FRUIT CAKES

INGREDIENTS

- 100g SR FLOUR
- 100g SUGAR
- 100g MARGARINE
- 2 EGGS
- 50g DRIED FRUITS - SULTANAS, CUR-RANTS, ETC.



PLEASE NOTE – YOU WILL NEED TO BRING SOME BUN CASES WITH YOU FOR YOUR CAKES.

METHOD

1. PREHEAT THE OVEN TO 200°C OR GAS MARK 6.
2. CREAM TOGETHER THE MARGARINE AND SUGAR.
3. CRACK THE EGGS INTO THE MIXING BOWL AND GENTLY MIX.
4. SIEVE IN THE SR FLOUR AND MIX EVERYTHING TOGETHER UNTIL THE MIXTURE IS LIGHT AND FLUFFY.
5. GENTLY MIX IN THE DRIED FRUITS.
6. COLLECT A MUFFIN TRAY AND FILL WITH 12 MUFFIN CASES.
7. DIVIDE THE MIXTURE EQUALLY BETWEEN THE MUFFIN CASES.
8. BAKE FOR 15-20 MINUTES UNTIL GOLDEN BROWN IN COLOUR.

VARIATIONS

- TRY USING DIFFERENT TYPES OF FRUIT - SUCH AS DRIED APRICOTS, FRESH BANANA, CHERRIES, ETC.
- TRY ADDING A LITTLE SPICE SUCH AS CINNAMON OR GINGER.

PLEASE NOTE – YOU WILL NEED A PLASTIC CONTAINER OR A TIN TO TAKE YOUR MINI FRUIT CAKES HOME IN.