

SPALDING HIGH SCHOOL FOOD AND NUTRITION

YEAR 7

Recipe Booklet The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Department of Health in association with the Welsh Assembly Government, the Scottish Government and the Food Standards Agency in Northern Ireland

**During year 7 food technology you will be
making the following recipes.**

Keep this recipe booklet at HOME so that you always know the basic ingredients needed for each practical.

And of course you can always practice and experiment

Cheese and Potato pie

Fairy Cakes

Fresh Fruit Oaty Crumble

Savoury Scones

Stuffed peppers

Tuna pasta bake

Vegetable & Chickpea Curry

Recipe: Cheese and Potato Pie

Ingredients

750g	Floury potatoes
100g	Hard cheese grated e.g cheddar/low-fat cheddar
25g	Butter/polyunsaturated margarine
2 tbsp.	Milk
1	Tomato
	Sprig parsley (optional)



Oven Temperature:

Equipment

1 large saucepan	Vegetable knife
Vegetable peeler	Plate
Grater	Potato masher
Fork	Teaspoon
Tablespoon	Ovenproof dish
Colander	Cook's knife
Chopping board	

Preparation

1. Collect together all equipment needed.
2. Peel and wash potatoes.
3. Cut into 3cm diced pieces.

Method

1. Cook potatoes in boiling water for 20 minutes
2. or until soft.
3. Check with a fork or small knife.
4. Mash the potatoes with the butter and milk.
5. Add 3/4 of the cheese, beat until creamy.
6. Season to taste.
7. Pile potato mixture into an oven proof dish.
8. Sprinkle remaining cheese on top.
9. Brown under a hot grill.
10. Garnish with tomato and parsley.

Notes: Concentrate on quality checks

Top Tips

- ◆ Serve with baked beans for a nutritious, quick healthy meal.
- ◆ Add a tablespoon of grainy mustard or horseradish sauce to the potato for an extra bite.
- ◆ Add a tablespoon of diced chives or spring onions to the potato mixture.

Recipe: Fairy Cakes

Ingredients

50g	Self raising flour
50g	Caster sugar
50g	Soft margarine or butter
1	egg

Oven Temperature:

170° or gas mark 5

Equipment

Large bowl	Sieve
Weighing scales	Wooden spoon
Cake cases	Muffin tin
Wire rack	2 spoons



Method

1. Preheat the oven to 170° or gas mark 5.
2. Place the cake cases into the muffin tin.
3. Weigh the ingredients and place them all in a large bowl.
4. Beat the ingredients with a wooden spoon until the mixture is light and fluffy.
5. Divide the mixture equally between 8 cases using 2 spoons and cook for 10-12 minutes until golden brown and light and springy to the touch.
6. Place the fairy cakes on the wire rack and allow to cool.



Recipe: Fruit Crumble

Ingredients

200g	Plain flour and a pinch of salt
100g	Chosen fat either block margarine or block butter. (Low fat or spreadable do not work)
50g	Caster sugar
50g	Oats
400g	Chosen PREPARED fruit (fresh fruit, sul-tanas, apples, pears, plums, blackberries or 1 tin of prepared pie filling) 400gm

Oven Temperature:

Gas Mark 6

Electric 200 C

Equipment

Large bowl	Eating knife
Sieve	Baking tray
Tablespoon	Oven proof dish (from home)

Method

1. Place prepared fruit in your oven proof dish

Make the crumble.

1. In a large bowl sieve in the flour and add the margarine or butter.
2. Using a round bladed table knife dip the fat into the flour and cut it into small pieces, dipping into the flour as you go to stop it getting sticky.
3. Now, using the tip of your thumb across the tips of your fingers, rub in the fat into the flour remembering to include all the flour in the bowl.
4. Stop as soon as you get breadcrumbs. **DO NOT OVER RUB!**
5. Stir in your sugar and any spices.
6. Sprinkle on the crumble.
7. Place in preheated oven on a baking tray using oven gloves for 20 minutes until golden brown.

Top Tips

- Stir in 250 gm of berry fruits into 250gms of cooked fruit
- Add 2 tablespoons of dried fruit to your cooked fruit
- Add 1 teaspoon of cinnamon or mixed spice to your crumble mix
- Use brown sugar in your crumble to give a toffee flavour and a darker colour.

Recipe: Savoury Scones

Ingredients

200g	Self raising Flour
50g	Block margarine or butter
125ml	Milk
50g	Additional ingredients e.g. grated cheese
	Herbs or spices
30g	Toppings such as sunflower seeds



Oven Temperature:

Gas Mark 7 / 220°C

Equipment

1 large bowl	sieve
fork	Eating knife
Rolling pin	Flour dredger
Scone cutter	tablespoon
Tablespoon	Baking tray

Preparation

1. Collect together all equipment needed.
2. Preheat oven

Method

1. Sieve the flour into the large bowl
2. Rub in the margarine
3. Stir in the additional ingredients
4. Slowly add the milk with a fork until you have a soft but not sticky dough.
5. Roll **LIGHTLY** with a rolling pin to a thickness of 1 and a half cm's
6. Cut with a cutter and brush with milk to glaze or you may have decided on a topping such as grated cheese or seeds
7. Bake for 12–15 minutes

Top Tips

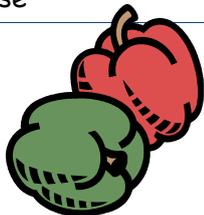
- ♦ Add spices to your scone such as curry powder and serve with Mango chutney
- ♦ Think about toppings such as grated cheese.
- ♦ Try a combination of flavours such as dried tomato and olive or chilli and red pepper.

Recipe: Stuffed Peppers

Ingredients

(1 available from school)

2	Pepper/any colour
40grams	Cous cous
1	Small onion
	Any garden herbs
40mls	Vegetable stock 1 available from school
50g	Grated cheese



Oven Temperature:

Gas Mark 5 / 180°C

Cooking Time:

20 minutes

Equipment

Measuring jug	Small bowl
Brown Chopping Board	plate
Vegetable knife	Oven proof dish
Small frying pan	Fork

Plan for Making

1. Turn oven on to Gas Mark 5 or 180c
2. Place cous cous in small bowl and add enough hot stock to just cover cous cous.
3. Place a plate on top and set it aside.



3. Dice your onion : Cut off the stalk
Slice through the root using a bridge grip
Peel each onion half
With flat side down carefully slice through your onion towards the root, leaving 1 cm uncut nearest root. Now slice horizontally across onion to get your fine dice



4. Preheat 1 tablespoon oil in a frying pan on a medium to low heat.
5. Add your onions and sauté until they are soft and translucent.
6. Fork up your cous cous and add your onion, any chopped herbs and 3/4 of the cheese
7. Wash your pepper and slice off the top, approximately 1 cm in depth
8. If your pepper is wobbly thinly slice off the knobbly bit at the bottom



8. Divide your cous cous mixture amongst your pepper.
9. Sprinkle remaining cheese on top and replace lid
10. Place in heatproof dish
11. Using oven gloves, place in oven until skins are wrinkly and your peppers smell sweet

Top Tips

Remember not to slice off the root of the onion.

You will know when your pepper is cooked because the skin will go wrinkly

Skills Learnt

Preparing peppers

Dicing onions

Frying

Using the hob and oven safely

Recipe: Tuna Pasta Bake

Ingredients

200g	Dried pasta
25g	Plain flour
25g	Butter
600ml	Milk
4	Spring onions
125g	Frozen peas
125g	Frozen sweetcorn
2	Tins of tuna in water
125g	Grated cheese

Oven Temperature:

190—gas mark 5

Cooking Time:

15 minutes plus preparation time

Equipment

Large saucepan	Colander
Small saucepan	Whisk
Vegetable knife	Ovenproof dish
Mixing bowl	Grater

Method

1. Preheat the oven to 190, gas mark 5.
2. Cook the pasta until it is just soft, use a large pan 2/3 full of boiling water.
3. Drain the pasta.
4. Make a white sauce - put the flour, butter and milk in a saucepan and heat gently stirring with a whisk until the sauce thickens and is smooth.
5. Mix together the spring onions, peas, sweetcorn and tuna in a bowl.
6. In a large bowl mix the pasta, sauce and vegetables and pile into your ovenproof dish.
7. Cover with grated cheese and bake for 15 minutes.



Recipe: Vegetable and Chickpea Curry

Ingredients

1	Onion
1	Garlic clove
1 x 5ml	Spoon of oil
2 x 15ml	Spoons of curry paste
300ml	Water
200g	Mixed vegetables
400g can	Chopped tomatoes
410g can	Chickpeas (drained) or other tinned beans
3	Handfuls of fresh spinach

Oven Temperature:

Cooking Time:

20 minutes

Equipment

Cook's knife	Chopping board
Garlic press	Med sized pan
Measuring spoons	Measuring jug
Wooden spoon	Can opener
Vegetable knife	

Preparation

1. Collect together all equipment needed.
2. Peel and slice the onion.
3. Peel and crush the garlic.
4. Peel and cube the vegetable into 1cm dice (as small as chickpeas).



Method

1. Fry the onion and garlic for 2 minutes in the oil on a medium heat.
2. Stir in the curry paste, vegetables and water.
3. Add the tomatoes and chickpeas, then allow to simmer for 20 minutes.
4. Add the spinach after 10 minutes.
5. Serve.

Top Tips

- ◆ Serve with boiled rice, naan bread and a side salad.
- ◆ Replace the mixed vegetables with cooked diced potatoes.
- ◆ Replace the tomatoes with thinly slice courgettes, peppers or okra.
- ◆ Replace the chickpeas with tinned peas or any other beans or lentils.
- ◆ Batch cook—freeze portions for a rainy (busy) day.