

Year 7 Food Technology



Super Snack Food Recipe Book

Name:

Please keep this booklet in a safe place and bring it to every lesson

When cooking, keep it in a protective plastic wallet

These recipes are the ones we will use for practical cooking sessions over the coming weeks. We may not always follow the recipes in the order they are printed in the book.

Oven temperatures are listed for gas ovens, conventional ovens and fan ovens. We use fan ovens at school.

Always check with Mr Isaacs which recipe you are cooking if you are absent for a lesson

Always bring a suitable container with you to take your product home.

Check if there are ingredients which you are not keen on, rather than just leave them out or not cook at all.

Fruit Salad

Ingredients

1 apple
1 pear
1 orange
small bunch of grapes
kiwi fruit
1 lemon (optional)
1 Banana
6 strawberries
100g raspberries
1 mango
300ml of fruit juice eg orange/apple
Please bring a selection of 4 or 5
pieces of the above fruits ONLY

Equipment

Mixing bowl
Small bowl
Tablespoon
Colander
Sharp Knife
Fork
Chopping board

Container from home with a tight fitting lid.

Oven temperature : N/A

Method:

Pour the fruit juice into the mixing bowl
Wash the fruits which have edible skins on
Put the juice from the lemon onto a plate
Prepare the fruits carefully:
Apples/ Pears- core and slice, coat in lemon juice on the plate and transfer to the mixing bowl.
Grapes- Cut in half and remove any pips
Orange- Peel and segment and put slices in the bowl.
Banana- peel and slice and roll in lemon juice.
Mix all of the fruit together in the bowl and ensure no pips or pith can be seen.
Transfer to the storage container.

Spicy Tomato Soup

Ingredients

1 onion
1 carrot
1 potato
1 x can chopped tomatoes (400g)
500ml water
1 stock cube
1 x 15ml spoon tomato puree
1/2 x 5ml spoon dried chilli flakes

Equipment

Chopping board,
knife,
vegetable peeler,
saucepan,
can opener,
measuring spoons,
wooden spoon,
liquidiser/blender,
ladle.

Container from home with a tight fitting lid.

Oven temperature : N/A

Method:

1. Prepare the vegetables:
 - a. peel and slice the onion;
 - b. top and tail, peel and slice the carrot;
 - c. Peel and cut the potato into 8.
2. Put all the ingredients into a saucepan.
3. Stir everything together, bring to the boil and then simmer for 20 minutes.
4. Ladle the mixture into the liquidiser and blend until smooth.
5. Pour the soup into your container

Top tips

Place a cloth over the liquidiser to prevent any soup from splashing out.

Use a range of different vegetables, e.g. leeks, peppers, mushrooms.

Serve with wholegrain bread.

Use different herbs and spices, e.g. basil, mixed herbs, paprika

Pizza Toast

Ingredients

½ yellow pepper
1 spring onion or small onion
4 mushrooms
50g hard cheese, e.g. Cheddar, Edam, Gruyere
2 slices bread (or a bagel or a piece of French stick sliced in half)
2 x 15ml spoons tomato puree
½ x 5ml spoon mixed herbs(optional)

Equipment

Chopping board,
Sharp knife,
grater,
fish slice,
measuring spoons,
dessert spoon

Oven temperature : N/A

Method:

1. Preheat the grill.
2. Slice the pepper, spring onion/onion and mushrooms.
3. Grate the cheese.
4. Place the bread under the grill and toast one side.
5. Remove the bread from the grill and place on the chopping board uncooked side-up.
6. Spread the tomato puree over the bread using the back of the spoon.
7. Arrange the pepper, mushroom and onion over the slices.
8. Sprinkle the cheese and mixed herbs over the bread.
9. Place under the grill until the cheese bubbles.

Savoury Rice

Ingredients

1 onion
3 or 4 mushrooms
1/2 red or green pepper
1 tomato
1 x 10ml spoon vegetable oil
150g long grain rice
550ml water, boiling
1 vegetable stock cube
50g peas
1 x 10ml spoon curry powder (optional)

Equipment

Chopping board,
Sharp knife,
saucepan,
wooden spoon,
weighing scales,
measuring jug,
measuring spoons,
kettle.

Container from home with a tight fitting lid.

Oven temperature : N/A

Method:

1. Prepare the vegetables:
 peel and chop the onion;
 slice the mushrooms;
 dice the red pepper;
 chop the tomato.
2. Fry the onion in oil until soft.
3. Add the mushrooms and red pepper and cook for a further 2 minutes.
4. Stir in the rice.
5. Mix the stock powder with the water.
6. Add the stock, peas and curry powder.
7. Simmer for 15 minutes, until the rice is tender.
8. To serve place the rice in a bowl and sprinkle the chopped tomato on top.

Pasta Salad

Ingredients

100g Pasta shapes
Salad Dressing or extra virgin olive oil
Any of the following:
50g ham
50g tuna
50g cheese grated or diced
50g sweetcorn canned
piece of cucumber
Cherry tomatoes
Selection of lettuce leaves.

Equipment

Mixing bowl
Saucepan
Tablespoon
Small bowl
Fork
Cheese grater

Container from home with a tight fitting lid.

Oven temperature : N/A

Method:

1. Boil the kettle and half fill a large pan.
2. Add the pasta to the pan and cook until pasta is soft- put on the back of the hob and keep the pan handles to the sides.
3. Drain in the colander in the sink and place in a bowl to cool
4. Do not add anything to the pasta until it is COLD.
5. Add the fillings to the salad dressing and add to the pasta once cool.
6. Store in the fridge.

Mini Carrot Cakes

Ingredients

200g SR Flour
pinch of salt
250g carrots
150g margarine
200g sugar
2 eggs
125g Sultanas
2 teaspoon cinnamon

Equipment

Sieve
Mixing bowl
Measuring jug
Tablespoon
Small bowl
Fork
Muffin Tray
Wire cooling tray
Spatula

12 muffin cases

Oven temperature : Gas 6 or 200°C, 190°C Fan Oven

Method:

1. Preheat oven.
2. Melt the margarine GENTLY in a saucepan
3. Peel and grate the carrots
4. Add the carrots and sugar to the melted margarine.
5. Sieve in the flour, salt and cinnamon
6. In a jug beat eggs
7. Add to other ingredients with sultanas
8. Divide into 12 muffin cases
9. Bake for 20 mins until cooked
10. Cool on cooling tray

Topping- at HOME ! Add 50g cream cheese to 25g icing sugar and add to the top of the muffins.

ANZAC Biscuits

Ingredients

100g plain white flour
25g rolled oats
30g caster sugar
25g desiccated coconut
1 tbsp golden syrup
50g margarine
½ tsp bicarbonate of soda
1 dsp boiling hot water
Optional: 50g dried fruit eg sultanas

Equipment

Sieve
Mixing bowl
Spatula
Teaspoon
Tablespoon
Small bowl
Fork
Greased baking Tray
Wire cooling tray

Oven temperature : Gas 4 or 180°C, 170°C Fan Oven

Method:

1. Preheat oven.
2. Grease or line the baking tray.
3. Sift flour into the bowl.
4. Mix in the oats, sugar and coconut.
5. Melt the golden syrup and margarine together on a low heat in the small saucepan.
6. Mix the bicarbonate of soda with the boiling hot water and add to the melted butter immediately.
7. Add the wet mixture to the dry ingredients.
8. Mix thoroughly until combined.
9. Divide the mixture evenly into 8 portions using the 15ml spoon.
10. Use lightly floured hands to shape the biscuits into round balls and place onto the prepared baking tray.
11. Slightly flatten the biscuits with a lightly floured fork.
12. Bake for 15-20 minutes, until golden brown.
13. Cool on the baking tray for a few minutes, to allow the biscuits to firm, before transferring them to the cooling rack.

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

Oven temperature : Gas 5 or 190°C, 180°C Fan Oven

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.

Muffins

Ingredients

Basic mixture

250g SR Flour

pinch of salt

3 tbsp vegetable oil

100g sugar

1 egg

240 ml (8fl oz) milk

Flavours- choose one of the following:

Double choc chip- 2 tbsp cocoa powder, 40g choc chips

Spiced apple- 170g apple 1 tsp mixed spice

Sultana- 50 g sultanas

Banana- add 1 banana

Equipment

Sieve

Mixing bowl

Measuring jug

Tablespoon

Small bowl

Fork

Muffin Tray

Wire cooling tray

Spatula

12 muffin cases

Oven temperature : Gas 5 or 190° C, 180°C Fan Oven

Method:

1. Preheat oven.
2. Sieve flour and salt into mixing bowl (cocoa if using)
3. Add sugar and stir
4. In a jug beat egg, milk and oil,
5. Add to dry ingredients with butter if using.
6. Stir mixture with any other flavourings that you are using – the mixture will be lumpy and this is fine!
7. Divide into 12 muffin cases
8. Bake for 15- 20 mins until cooked
9. Cool on cooling tray

Fruit Flapjack

Ingredients	Equipment
330g Porridge Oats -DO NOT BRING GIANT OATS pinch of salt 200g margarine (cold) 6 tbsp golden syrup 75g dried apricots or other dried fruit Container to take home in.	Large saucepan Tablespoon Wooden spoon Plastic Spatula Small bowl Table Knife Fish slice Wire cooling tray Greased baking tray Knife Chopping board
Oven temperature : Gas 4 or 180°C, 170°C Fan Oven	
<p>Method:</p> <ol style="list-style-type: none">1. Preheat oven and collect equipment2. Chop the apricots into small pieces3. Grease <u>and line</u> baking tray4. Place the syrup and margarine in the saucepan and stir gently over a medium heat using a wooden spoon until melted.5. Take off the heat and stir in the oats and fruit carefully.6. Spoon the mixture into the tray and press down well.7. Bake for 15-20 mins until golden brown.8. Cut while warm and place the tin on a cooling rack, do not remove from the tin until cold. <p>Alternatives- use sultanas, raisins etc or add 1 teaspoon of mixed spice or ginger to the mixture.</p>	

Pinwheel Cheese and Herb Scones

Ingredients

Basic mixture

250g SR Flour

pinch of salt

50g margarine (cold)

125 ml or ¼ pt milk

Flavours- choose from the following:

- 75g mature cheese
- 1 tsp mixed herbs
- 1 onion finely chopped and sauted in oil
- 2 rashers smoky bacon

Equipment

Sieve

Mixing bowl

Measuring jug

Tablespoon

Small bowl

Fork

Greased baking Tray

Wire cooling tray

Rolling pin

Cutter

Pastry brush

Oven temperature : Gas 8 or 210°C, 200°C Fan Oven

Method:

1. Preheat oven.
2. Finely dice onion and cut bacon into pieces and saute in oil until cooked.
3. Sieve flour into mixing bowl
4. Rub in fat
5. Stir in flavourings apart from bacon and onion
6. Add milk slowly and mix to form a stiff dough.
7. Roll out gently to a 5mm thickness in a rectangular shape.
8. Spread the bacon and onion filling evenly along the rectangle, then roll up into a sausage and slice into 6 pieces.
9. Place on the baking tray and sprinkle with any spare cheese
10. Bake for 10-12 mins until cooked
11. Cool on cooling tray