



Y7 RECIPES

Academic Year: 2017-2018



Sweet Scones

Ingredients List:

400g S.R. Flour
100g butter or margarine
100g caster sugar (do not add if making
cheese scones.)
200ml milk
100g sultanas or chopped cherries or grated apple
25g extra flour for rolling out

Alternative Ingredients:

YOU COULD USE WHOLEMEAL FLOUR IF YOU WANT TO HAVE A HEALTHIER ALTERNATIVE. IF YOU HAVE A GLUTEN ALLERGY PLEASE BRING GLUTEN FREE FLOUR PLUS 1-2 TSP XANTHAN GUM POWDER

Method:

1. Put ingredients onto a white tray. Wash the work surface. Tie long hair back, put an apron on and wash hands.
2. Collect all the equipment you need: - mixing bowl, measuring jug, tablespoon, palette knife, 5cm biscuit cutter and baking tray.
3. Preheat oven Gas mark 8 /220°C
4. Sieve the flour into a mixing bowl. Add the margarine. Cut into small pieces and rub in with your fingers.
5. The mixture should look like fine breadcrumbs. Add sugar and any flavouring you have chosen.
6. Stir in HALF of the milk. Then add HALF of the remaining milk. Stir in with palette knife until mixture is starting to clump together.
7. Use your hands draw the mixture together. It should be a soft, but not sticky dough.
8. Turn out onto a floured surface and roll out no thinner than 2.5cm thick. Cut out with a 5cm cutter.
9. Place on a floured baking tray. Brush each scone with a little milk.
- 10 Bake in oven 220°C for 8-10 minutes until they are risen and golden brown.

Savoury Scones

Ingredients List:

400g S.R. Flour
100g butter
250ml milk
75g strong cheddar cheese (GRATED)
25g chopped sun dried tomatoes
25g olives (chopped)
¼ tsp mustard powder
25g extra flour for rolling out

Alternative Ingredients:

YOU COULD USE WHOLEMEAL FLOUR IF YOU WANT TO HAVE A HEALTHIER ALTERNATIVE. IF YOU HAVE A GLUTEN ALLERGY PLEASE BRING GLUTEN FREE FLOUR PLUS 1-2 TSP XANTHAN GUM POWDER

Method:

1. Put ingredients onto a white tray. Wash the work surface. Tie long hair back, put an apron on and wash hands.
2. Collect all the equipment you need: - mixing bowl, measuring jug, tablespoon, palette knife, 5cm biscuit cutter and baking tray.
3. Preheat oven Gas mark 8 /220°C
4. Sieve the flour into a mixing bowl. Add the butter. Cut into small pieces and rub in with your fingers.
5. The mixture should look like fine breadcrumbs. Add 50g grated cheese, chopped sundried tomatoes and olives. Add ¼ tsp mustard powder. Mix in well.
6. Stir in HALF of the milk. Then add HALF of the remaining milk. Stir in with palette knife until mixture is starting to clump together.
7. Use your hands draw the mixture together. It should be a soft, but not sticky dough.
8. Turn out onto a floured surface and roll out no thinner than 2.5cm thick. Cut out with a 5cm cutter.
9. Place on a floured baking tray. Brush each scone with a little milk. Place a little mound of grated cheese on top of each one.
10. Bake in oven 220°C for 8-10 minutes until they are risen and golden brown.

Fresh Fruit Salad

Ingredients List:

1 apple
1 orange
1 banana
50g grapes
1 lemon
100ml fresh fruit juice

Method:

1. Put all ingredients onto white tray. Sanitise the work surface. Tie long hair back. Put apron on and wash hands.
2. Get out all the equipment you need: CHOPPING BOARD, LEMON SQUEEZER, SHARP KNIFE, VEGETABLE PEELER, SMALL BOWL, LARGE BOWL AND MEASURING JUG.
3. Cut lemon in half. Make sure you cut through the middle and not from top to bottom.
4. Squeeze the juice from the lemon and put into a small bowl.
5. Cut the apple into quarters. Remove the core. Then slice into bite sized pieces. Put the apple into the lemon and stir until it is all covered in the lemon juice.
6. Peel the pear. Cut into quarters and remove core. Slice into bite sized pieces. Put into lemon juice and stir to cover. Place in large mixing bowl. Pour the orange juice over the fruit to cover.
7. Cut the top and bottom off the orange. Carefully slice the peel off the orange, making sure that you remove all of the white pith. Holding the orange gently in your hand remove the segments with a sharp knife. Place into bowl with the rest of the fruit.
8. Remove grapes from the bunch. Cut each one into half and remove the seeds. Place into serving bowl with the drained apple and pear.
9. Remove the stalks from the strawberries and cut into halves or quarters depending upon the size of the fruit.
10. Cut the peach into half. Cut out the stone. Slice and cut into bite sized pieces.
11. Remove the skin from the banana and slice quite thickly then toss in the lemon juice.
12. Put all fruit together in serving bowl. Chill in the fridge until ready to eat.

Chicken Pesto Pasta

Ingredients List

1 **cooked** chicken breast fillet
1 courgette
1 green or red pepper
25g mushrooms
10 cherry tomatoes
10 mixed olives
1 tblsp pesto
200g pasta spirals
Salt and pepper

Method

1. Put ingredients onto a white tray. Wash the work surface. Tie long hair back, put an apron on and wash hands.
2. Collect all the equipment you need: CHOPPING BOARD, SHARP KNIFE WOODEN SPOON, TABLESPOON, SMALL BOWL, LARGE SAUCEPAN, COLANDER.
3. Put a large pan of salted water onto boil. When it is boiling add the pasta spirals carefully using a slotted spoon so that the hot water doesn't splash. Boil for 10 minutes until cooked.
4. Cut the cooked chicken breast into bite sized pieces. Put into a bowl.
5. Chop courgette into bite sized chunks.
6. Cut mushrooms into four.
7. Cut olives into halves.
8. Put all chopped vegetables into a mixing bowl with the chicken.
9. Check that the pasta is 'el dente' and place a colander in the sink. Carefully drain the pasta in the colander.
10. Run cold water over the pasta to cool it down and leave the pasta to drain
11. Add the pasta to the chicken and vegetable mix and stir in the pesto gently,
12. Serve cold as a salad.

Tomato and Chilli Pasta

Ingredients List

250g cherry tomatoes
1 clove garlic
1 tsp chilli flakes
50 ml extra virgin olive oil
60g fresh breadcrumbs
50g finely grated pecorino or parmesan cheese
1 tsp fresh thyme
Salt and pepper
200g penne pasta
½ tblsp fresh basil leaves

Ovenproof dish

Method

1. Put all ingredients onto a white tray. Wash the work surface. Tie long hair, put an apron on and wash hands.
2. Pre-heat the oven 180°C / Mark 4.
- 3 Peel, crush and finely chop garlic. Chop fresh thyme and grate cheese.
4. Place the tomatoes, garlic and chilli flakes into a baking dish drizzle with oil and roast in the oven for 25 minutes until the tomatoes are softened.
5. Put a large saucepan of salted water onto boil. When boiling add the pasta and boil for 10-12 minutes until soft. Drain through a colander.
6. In a bowl mix the breadcrumbs, cheese and thyme. Season with salt and pepper. Spoon the mixture over the tomatoes and place back in the oven for 4-5 minutes until the top is golden brown and crisp.
7. Put cooked pasta into your serving dish and top with the tomato mixture. Garnish with torn basil leaves.

Chicken or Fish Goujons

Ingredients List:

2 chicken breast fillets OR 300 g salmon or cod fillet
50g breadcrumbs
1x5ml spoon mixed herbs
20 g fresh grated parmesan
1 tsp paprika
1x15ml spoon plain flour
1 egg, beaten
2 tblsp oil
Equipment -Baking tray, grater, small bowl, fork, knife, chopping board.

Method

1. Preheat the oven to 200C or gas mark 6.
2. Mix the breadcrumbs, herbs and parmesan together in a small bowl.
3. Pour the flour on a small plate.
4. Beat the egg in a small bowl.
5. Cut the chicken into 'nuggets' (approximately 4cm x 3cm chunks).
6. Dust the chicken in the flour.
7. Dip in the beaten egg.
8. Roll in the breadcrumb mixture.
9. Place on the baking tray.
10. Repeat steps 7-10 for all the chicken pieces.
11. Bake in the oven to 20minutes, until golden brown.

Tips

- * Add garlic, chilli, fresh herbs or spices to the breadcrumbs.
- * Change the chicken for pieces of fish, such as cod and haddock.
- * Make your own breadcrumbs – either whiz bread in a blender or use a grater. Use different types of bread for variety.
- * Serve with a tomato salsa/relish.

Tomato Soup

Ingredients

1 onion
1 large potato
1 tin tomatoes
500ml- 1 litre water
2-3 tblsp tomato purée
Salt and pepper
1-2 tblsp oil
2-3 sprigs basil

Method

1. Put ingredients onto a white tray. Wash the work surface. Tie long hair back, put an apron on and wash hands.
2. Collect all the equipment you need: - chopping board, sharp knife, vegetable peeler, measuring jug, wooden spoon and liquidiser.
3. Peel and chop onion.
4. Peel and dice potato.
5. Open tomatoes.
6. Heat oil in large saucepan. Add onions and fry gently over a low heat for 4 – 5 minutes until soft.
7. Add diced potato and continue to cook for 4 – 5 minutes.
8. Pour in the tinned tomatoes and stir to mix in.
9. Add 500ml water and tomato puree. Continue to cook.
10. Add seasoning (salt and pepper). Cook for 20 minutes until the potatoes are soft.
11. Add the basil and blend with an electric hand blender until smooth.
12. Serve hot with fresh crusty bread.

Leek and Potato Soup

Ingredients List:

2 large leeks
1 medium onion, (chopped small)
1 medium potato
50g butter
1 vegetable stock cube
275 ml milk
Salt and black pepper

Method:

1. Begin by trimming the leeks, discarding the tough outer layer. Now split them in half lengthways and slice them quite finely, then wash them thoroughly in a colander under a running cold tap. Drain well.
2. Peel and dice the potatoes.
3. In a large, thick-based saucepan, gently melt the butter, then add the leeks, onions and potatoes, stirring them all round with a wooden spoon so they get a nice coating of butter. Season with salt and pepper, then cover and let the vegetables sweat over a very low heat for about 15 minutes.
4. Make up stock to 500ml with boiling water from the kettle. Add the stock and milk, bring to simmering point, cover and let the soup simmer very gently on a low heat for a further 20 minutes or until the vegetables are soft – if you have the heat too high the milk in it may cause it to boil over.
5. Now you can put the whole lot into a blender – leave it to cool a little first – and blend to a purée.

Chocolate Chip Muffins

Ingredients List

225g self raising flour
½ tsp bicarbonate of soda
½ tsp salt
100g – 150 g caster sugar
3 tblsp cocoa powder
1 egg
240ml milk
1 tsp vanilla essence
90 ml vegetable oil
1 packet of chocolate chips
12 muffin cases

Method

1. Put all ingredients onto a white tray. Wash work surface. Tie long hair back, put an apron on and wash hands.
2. Put muffin cases into the muffin tins. Preheat oven 160° C/ Gas mark 4. Get out all the equipment you will need:-
2 x MIXING BOWLS, SIEVE, TABLESPOON, MEASURING JUG, WHISK, WOODEN SPOON , SPATULA, MUFFIN TRAY AND COOLING RACK.
3. In a large bowl sieve the flour, bicarbonate of soda, salt, sugar, chocolate chips and cocoa powder.
4. In another bowl mix the egg, milk, vegetable oil and vanilla essence.
5. Stir the wet ingredients into the dry. Stir until no more dry ingredients can be seen. Don't beat it.
6. Put the mixture into the muffin cases. Bake straight away. Do not leave to stand.
7. Bake for 20-25 minutes.
8. Remove from the oven and leave to cool on a cooling rack.

Blueberry Muffins

Ingredients List

225g / 9 oz plain flour
3 tsp baking powder
½tsp salt
100 g / 4 oz caster sugar
1 egg
225 ml / 8 fl oz milk
90 ml / 3 fl oz vegetable oil
1 punnet blueberries

Method

1. Put muffin cases into muffin tins. Preheat the oven 160°C / gas mark 4.
 2. In a large bowl, sieve the flour, baking powder, salt and sugar together.
 3. In a separate bowl, beat the egg, milk, vegetable oil and blueberries together.
 4. Pour all of the wet ingredients into the flour mixture. Stir until it is just mixed together.
- Do not beat.**
5. Put the mixture into the muffin cases. Bake straight away. Do not leave to stand.
 6. Bake for 20 – 25 minutes until golden brown.

Lemon Muffins

Ingredients List

225g Self raising flour
2 tsp baking powder
½tsp salt
100 g caster sugar
1 egg
225 ml milk
1 tsp finely grated lemon rind
90 ml vegetable oil
Icing

Only if there's enough time...

75g icing sugar
3-4 tsp lemon juice
¼ tsp grated lemon rind.

Method

1. Put muffin cases into muffin tins. Preheat the oven 160°C / gas mark 4.
2. In a large bowl, sieve the flour, baking powder, salt and sugar together.
3. In a separate bowl, beat the egg, milk, vegetable oil and lemon rind together.
4. Pour all of the wet ingredients into the flour mixture. Stir until it is just mixed together. Do not beat.
5. Put the mixture into the muffin cases. Bake straight away. Do not leave to stand.
6. Bake for 20 – 25 minutes until golden brown.
7. Mix the icing ingredients together until smooth. Put a tsp onto each cool muffin and smooth. Leave to set.

Bolognese Sauce

Ingredients List

400- 500g minced beef or lamb or Quorn
1 onion
1 clove garlic
50g mushrooms
1 green or red sweet pepper
1 x 400g tin tomatoes
2 – 3 tblsp tomato puree
1 tsp mixed herbs
Salt and pepper
Plastic box with a tight fitting lid to carry it home
Clean teatowel

Method

1. Put all ingredients onto a white tray. Wash and sanitise work surface. Tie long hair back, put on an apron and wash hands.
2. Peel and chop onion finely. Peel, crush and finely chop garlic. Chop mushroom and pepper. Open tin of tomatoes.
3. Dry fry the minced beef until grey brown in colour. Add the tomato puree and cook for 1 – 2 minutes.
4. Then add all the chopped vegetables continue to cook for a further 3 – 4 minutes.
5. Stir in tomatoes. Fill the tomato tin with water and add this to the saucepan. Stir well.
5. Add seasoning and herbs.
6. Continue to cook over a low heat for 20 – 30 minutes.

Vegetarian Bologneses

Ingredients List

3 large carrots
1 onion
1 clove garlic
1 pepper
200g field mushrooms
125 ml vegetable stock
2 tsp chopped fresh thyme
100g tomato puree
Salt and pepper
1-2 tblsp oil

Method

1. Put all ingredients onto white tray. Clean and sanitize the work surface. Put apron on and tie long hair back. Wash hands.
2. Peel and dice carrots. Peel and dice onions. Peel, crush and finely chop garlic.
3. Wipe mushrooms then dice. Deseed and dice pepper.
4. Heat oil in saucepan. Add onions, garlic, carrots, peppers and mushrooms. Season well
5. Stir over the heat for 5 minutes until soft. Add tomato puree and cook for 2 minutes.
6. Add enough vegetable stock to cover the vegetables. Add the thyme.
7. Simmer covered for 15 – 20 minutes.
8. Blend but leave quite chunky. Check seasoning.
9. Serve hot with boiled spaghetti or Tagliatelle.