

Food Technology

Year 7 Recipe Booklet
Module 1
2023 - 2024



Walton High School

Introduction

In Food Technology you will be making a variety of products and will be looking into the nutritional aspect of the ingredients. As you work through key stage 3 (years 7-9) you will build up your skills and knowledge of food. We have tried to include as many practical activities as possible.

All of the recipes in this booklet can be completed within the time of the lesson, including the clearing up of the work area. The clearing up at the end of the lesson is an important part of your learning and you are constantly assessed by your teacher on your time management, hygiene and safety practices.

Your teacher will go through the recipes in time for your next practical lesson, so that you can organise your ingredients to bring into the lesson. To help there is also a list of dates below showing when each product will be made. Please note that these dates may have to change but we aim to give students at least a weeks notice for ingredients needed. Participating within the practical lessons is compulsory. You may not make all of the recipe's during your Food module, however we have included some that you may wish to try at home. We have been mindful to keep the cost of the recipes within this booklet as low as possible. For some recipes contributions for ingredients have been paid for at the start of the school year. Therefore school will provide these ingredients. These are clearly stated below and in the recipes, and will only cover the ingredients stated.

In the department we encourage students to adapt recipes/ingredients to suit individual preferences. E.g. to be suitable for different diets and / or lower the cost further. Adaptations that can take place will be discussed within lessons.

Nut Free—we have made all of our recipes nut free, therefore please don't bring any nuts into the department. We ask that all parents check through the recipe booklet and inform the school if there are any ingredients that your child may be allergic to.

For hygiene and safety reasons all students are expected to tie up long hair. Students are not allowed to wear nail varnish or jewellery in practical lessons.

We hope that you enjoy the course. Mrs T.Stevens

Practical dates

Date	Ingredients provided by school	Dish to be made
		Moroccan Couscous
		Fruit crumble
		French bread pizza
		Potato salad
	Spices only (turmeric, ginger, and cumin)	Chicken Tikka
		Bolognaise
	Tin to cook and take home in	Shortbread
	Tin to cook and take home in	Cereal bar

DO's	DON'Ts
Bring ingredients every week	Don't collect food between lessons
If there is a problem providing ingredients, see your teacher before the day of the lesson	Don't wear jewellery or nail varnish in a practical lesson
Store perishable foods in the refrigerator	Don't guess with measurements - always measure accurately.
Remind your teacher if you have a food allergy at the beginning of the module	Don't double ingredients. There is not enough space in the oven to cook more. Remember there are only 6 cookers for the whole class.
Tie your hair back	Bring in any ingredients containing nuts.
Bring something to carry your completed dish home in e.g. plastic container/large tin etc.	Don't lose this recipe book. No spares will be given. You will have to download one from the school website.
Enjoy the practical lesson	Don't forget your homework

A word about measurements

Metric measurements have been used for the recipes in this booklet but because not everyone uses metric, imperial measurements have been added.

Generally in cooking - **1 ounce (oz) = 25 grams (g)**

1oz = 25g	4oz = 100g
2oz = 50g	8oz = 200g
3oz = 75g	12oz = 300g

Liquids are measured in litres - parts of litres are millilitres. Imperial measurements are measured in pints - parts of pints are fluid ounces.

1 fluid ounce = 30ml (millilitres)

$\frac{1}{4}$ pt = 5 fluid oz = 150ml	tsp = teaspoon
$\frac{1}{2}$ pt = 10 fluid oz = 300ml	tbsp. = tablespoon

Oven temperature conversion chart

Degrees Celsius	Gas Mark
100	1
120	2
140	3
160	4
180	5
200	6
220	7
240	8

Moroccan Couscous

Ingredients

125g Couscous
1 vegetable stock cube
2 spring onions
1 red pepper
1 tomato

OPTIONAL - Small bunch flat leaf parsley.

OPTIONAL - handful of black olives chopped or 100g chopped dried apricots.

Equipment from home

*Container to carry home in

Method

- Collect equipment, organise work area.
- Place the couscous in a large bowl.
- Boil the kettle. Once water is boiled carefully measure 150ml of boiling water into a jug. Add a stock cube to the water and stir until it has dissolved.
- Pour the stock over the couscous. Add more boiling water if needed to make sure the water just covers the couscous. Leave for 10 minutes.
- Meanwhile chop the onions, pepper, tomato and parsley, and chop any optional ingredients.
- When the couscous has absorbed all water fluff it with a fork
- Gently stir through the onions, pepper, tomato and parsley and any remaining ingredients.
- Wash up, tidy area and check equipment.



Fruit crumble (serves 4)

Ingredients

150g/6oz plain flour
50g/2oz porridge oats
75g/3oz sugar
75g/3oz hard margarine
2 tins of **pie filling** or 500g stewed fruit

Equipment from home

*Oven proof dish
*Tin to carry home in

Oven Temp. 200C
Gas 6

Time 20 minutes

Method

- Collect equipment, organise work area.
- Pre - heat oven 200C/Gas 6.
- Place flour into a large mixing bowl.
- Rub in margarine to resemble breadcrumbs.
- Stir in sugar and oats. Put to one side.
- Place fruit into oven proof dish.
- Cover fruit with crumble topping.
- Bake in the pre-heated oven for 20 minutes (approx.) until golden brown.
- Wash up, clean and check equipment.

Reheating

Reheat in oven at 180C / Gas 5 for 20 minutes or until piping hot in the centre. Can be microwaved.



French bread pizza

Ingredients

2 bread muffins or small French stick
4 TBSP tomato puree / pizza sauce
 $\frac{1}{2}$ tsp mixed herbs
100g grated cheese
2 toppings of own choice
(e.g. ham, mushrooms, sweetcorn,
pineapple, spring onion, tuna)

Equipment from home

*Plastic container to
carry home in

Oven Temp 180C

Gas 5

Time 10 mins

Method

- On a white chopping board slice the bread in half lengthways.
- Spread over the pizza sauce / tomato puree.
- Sprinkle with some herbs.
- Arrange your fillings onto the top and sprinkle with cheese.
- Place under the grill (or in the oven), until the cheese bubbles (take care not to allow your pizza to burn). Approximately 5-10 mins.
- Wash up, clean and check equipment.



Reheating

Reheat in oven at 180C / Gas 5
for 10 - 15 minutes or until piping
hot in the centre.

Potato Salad

Ingredients

400g / 1lb new potatoes
3 TBSP mayonnaise / salad cream
2 TBSP chopped chives (optional)
1/2 tsp salt (optional)

Equipment from home

*Plastic container to carry home in

Method

- Scrub potatoes and cut into even sized pieces.
- Place in saucepan and just cover with water.
- Add 1/2 level tsp salt (if using).
- Bring to boil, turn pan down and simmer for 10 minutes.
- Drain potatoes and place in mixing bowl.
- Add mayonnaise whilst still hot and stir in chives and gherkins if used.
- Wash up, clean and check equipment.



Chicken Tikka

Ingredients

Chicken Tikka

175g Chicken breast
15g/ 1 tablespoon thick natural yogurt
1 TBSP lemon juice
1 tsp tomato puree
1 clove garlic

Equipment from Home

Container to carry home in

Oven Temp 200C

Gas 6

Time 20 minutes

Provided by school:

1 tsp ground cumin

$\frac{1}{2}$ tsp turmeric

$\frac{1}{2}$ tsp ground ginger

The turmeric, ginger, and cumin is provided by school from payment made at the beginning of the year.

Method

- Collect equipment, organise work area.
- Preheat oven to 200c/gas mark 6.
- Place the yoghurt, lemon juice and tomato puree into a large bowl. Crush the clove of garlic and also add to the bowl.
- Add the cumin, turmeric, and ground ginger. Mix well.
- Place the chicken on a RED chopping board. Cut into large chunks using a sharp knife.
- Add the chicken to the yogurt mixture, mix, and marinate for 5 minutes.
- Wash hands after handling raw meat. Wash all equipment that has touched raw meat in hot soapy water.
- Transfer the chicken pieces to a baking tray (with sides) and bake in the oven for 20 minutes or until cooked.
- Clean down the work area.
- Wash up, clean and check equipment.

Reheating

Reheat the chicken in oven at 180C / Gas 5 for 20 minutes or until piping hot in the centre. Can be microwaved.



Bolognese Sauce

Ingredients

- 1 large clove of garlic
- 1 Onion
- 500g Minced Beef or Quorn mince
- 400g can chopped tomatoes
- 2 **tsp** dried oregano
- 1 beef stock cube
- 2 **TBSP** Tomato Puree
- 1 extra vegetable e.g. mushrooms, peppers

Equipment from Home

- * Container with a lid to carry home in

Method

- Collect equipment, organise work area.
- Using a white chopping board chop the onion, and extra vegetable. Crush the garlic
- Using a saucepan, brown the mince and onion, and then drain off any extra fat using a colander.
- Add the extra vegetable and garlic and cook for 2 minutes more.
- Add the tomatoes, tomato puree, stock cube and dried oregano.
- Bring to the boil, turn down the heat and leave to simmer for 10-15 minutes.
- Place in container to take home. Serve with cooked Spaghetti, or pasta.
- Wash up, clean and check equipment.

Reheating

Reheat the mince in the oven at 180C / Gas 5 for 20 minutes or until piping hot in the centre. Can be microwaved.



Short bread

Ingredients

100g softened butter
50g caster sugar
150g self raising flour
Extra Caster Sugar for dusting

Equipment from home

*8 in/ 20cm tin (see below)
*Tin/container to take home in

Oven Temp 160C
Gas 4

Time 20 minutes

Flavouring of your choice e.g.

Glace cherries - 50g glace cherries, finely chopped.

Chocolate and orange - 50g chocolate chips and zest of $\frac{1}{2}$ orange.

Cranberry and white chocolate - 25g cranberries and 25g white chocolate chips.

Apricot and Vanilla - 1 tsp vanilla extract and 8 dried apricots, finely chopped.

Foil Trays are provided by school from payment made at the beginning of the year.



Method

- Collect equipment, Organise work area.
- Pre-heat oven to 160c/gas mark 4.
- Lightly grease a Victoria sandwich tin and line the bottom with greaseproof paper.
- Put the flour in a mixing bowl and place the butter on top in small pieces.
- Rub the butter into the flour using fingertips until it resembles breadcrumbs.
- Stir in the sugar and the flavouring of your choice.
- Transfer the mixture to the tin, and using a palette knife or the back of a spoon, press down and make the top as smooth as possible.
- Mark the top of the shortbread into 8 triangles with a sharp knife. Do not cut all the way through.
- Using a thumb or the back of a spoon mark a pattern round the edge of the shortbread, and prick each triangle with a fork.
- Place in the hot oven for 15/20 minutes or until lightly golden.
- Dust with extra sugar and slice into triangles whilst still warm.
- Wash up, clean and check equipment.

Cereal Bars

Ingredients

70g margarine
2 level tablespoons golden syrup
50g sugar
150g porridge oats

Equipment from home

*8 in/ 20cm tin (see below)
*Tin/container to take home in

Oven Temp 180C
Gas 5

Time 15-20 minutes

Other ideas to try

Add 75g chopped glace cherries, dried apricots or your choice of flavouring (NOT CHOCOLATE)

Foil Trays are provided by school from payment made at the beginning of the year.

Method

- Collect equipment, organise work area
- Pre-heat oven 180c/Gas 5
- Grease baking tin
- Put margarine, syrup and sugar into a large saucepan
- Over a low heat stir with a wooden spoon until the margarine has melted (CARE MUST BE TAKEN)
- Remove from the heat and add oats - mix thoroughly
- Mix in any additional flavourings (cherries/apricots)
- Turn mixture into greased baking tin and cook 180C/Gas 5 for 15-20 minutes until golden brown
- Leave to cool in the tin for 5 minutes, then cut into portions Place onto a wire cooling tray
- Wash up, clean and check equipment

