

# Food Technology

## Year 7 Recipe Booklet Module 2 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
		Italian Pasta Bake
		Cupcakes with glaze icing
		Scone based pizza
		Chocolate cookies
		Indian Chicken Curry
		Module Task
		Cinnamon Palmiers

<b>DO's</b>	<b>DON'Ts</b>
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

2oz = 50g

3oz = 75g

4oz = 100g

8oz = 200g

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

$\frac{1}{2}$  pt = 10 fluid oz = 300ml

tsp = teaspoon

tbsp. = tablespoon

**Oven temperature conversion chart**

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

# Italian Pasta Bake

## Ingredients

175g Pasta shapes, e.g. penne, fusilli  
400g tin chopped tomatoes  
1 onion chopped  
100g mushrooms or peppers or sweetcorn  
2 **TBSP** Olive oil  
150g Mozzarella Cheese  
50g Cheddar cheese , grated  
2 **tsp** mixed herbs  
1 clove garlic/salt and pepper

## Equipment from home

\*Large oven proof dish  
\*Container to carry home in

Oven Temp 200C  
Gas 6

Time 10-20 minutes

## Method

- Collect equipment, organise work area.
- Heat oven to 200C/Gas 6.
- Fill pan 2/3 full with water and place on heat to boil. When water is boiling add the pasta, and simmer for 10 minutes until pasta is tender.
- Drain pasta in colander, and place in ovenproof dish.
- Whilst pasta is cooking prepare vegetables, cheese and garlic on a white board.
- Gently heat oil in a saucepan, and then add onion, vegetables and garlic.
- Add tomatoes, herbs and seasoning. Bring to the boil, and remove from the heat.
- Pour over the pasta, add the chopped mozzarella and mix well.
- Sprinkle over the grated cheddar and place in oven for 10-20 minutes.
- Wash up, tidy area and check equipment.

## Reheating

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



# Cup Cakes with Glace Icing

## Ingredients

60g Self raising flour  
60g Soft baking margarine e.g. stork  
60g Caster sugar  
1 Large free range egg  
1/2 tsp vanilla extract  
6 large cup cake cases (not fairy cake cases)  
100g icing sugar  
1 small decoration of choice  
(e.g. chocolate buttons, glace cherries halved)

## Equipment from home

\*Sealable container to carry home in

Oven Temp 180C  
Gas 5

Time 15 - 20 minutes

## Method

- Preheat oven to 180C / Gas 5
- Collect equipment, organise work area.
- Place margarine, sugar, self raising flour, and vanilla essence into a mixing bowl.
- Crack egg into a jug and place shell in the bin. Check the eggs freshness before adding it to the mixture. Beat with a fork.
- Place egg into the mixture and beat all the ingredients together with a wooden spoon until mixture is a dropping consistency. Use an electric mixer if you need to.
- When thoroughly combined spoon the mixture into the paper cases evenly with a metal spoon—**Take Care—only fill the cases two-thirds full.**
- Bake for 15 - 20 minutes or until risen, golden brown and firm to the touch. Cool on cooling rack.
- Place icing sugar in a small bowl. Make icing by adding a teaspoon of cold water at a time until icing is correct consistency (similar to toothpaste).
- Spread onto the top of cakes using the back of a teaspoon.
- Add the decoration.
- Wash up, clean and check equipment





# Scone based pizza

## Ingredients

150g self raising flour  
25g butter  
1 egg  
50ml milk semi-skimmed  
3 **TBSP** tomato puree / pizza sauce  
 $\frac{1}{2}$  tsp mixed herbs  
50g grated cheese, e.g. Mozzarella  
2 toppings of own choice  
(e.g. ham, mushrooms, sweetcorn, pineapple, spring onion tuna)

## Equipment from home

\*large oven tray  
\*foil

Oven Temp 200C  
Gas 6

Time 15 - 20 minutes

## Method

- Collect equipment, organise work area.
- Preheat oven to 200C / gas 6.
- Sieve flour into a large mixing bowl.
- Break the fat into pieces - rub into the flour until it looks like breadcrumbs.
- Mix the milk and egg together in a jug.
- Add the milk/egg mixture slowly (**TAKE CARE - all the mixture may not be required**), mix with a palette knife to make a soft dough.
- Flatten out dough to form a circle.
- Spread over the pizza sauce / tomato puree.
- Sprinkle with some herbs.
- Arrange your fillings onto the top and sprinkle with cheese.
- Bake in a preheated oven for 15 - 20 minutes until golden brown.
- Wash up, tidy area and check equipment.



## Reheating

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

# Chocolate Cookies

## Ingredients

80g Soft baking margarine e.g. stork  
70g Caster sugar  
110g self raising flour  
50g chocolate chips  
Optional for choc biscuit mixture exchange  
1 Tbsp of the flour for cocoa powder

## Equipment from home

\*Container to carry home in.

Oven Temp 180C

Gas 5

Time 10 minutes

## Method

- Collect equipment, organise work area.
- Pre-heat oven to 180c/gas mark 5.
- Mix together with the sugar and butter in a mixing bowl.
- Add the flour and flavourings and stir well until all the ingredients are combined. You may need to use your hands to bring the mixture together.
- Divide the dough into 8 even sized pieces.
- Place your pieces of dough onto the tray lined with baking paper so they are far apart from each other. Flatten slightly with the palm of your hand.
- Carefully place your tray into the oven using oven gloves for 10 minutes. Your cookies are ready when they are golden brown on the edges. (These cookies will be soft when they come out of the oven and will harden as they cool down)
- Wash up, clean and check equipment.



# Indian Chicken Curry

## Ingredients

2 Chicken Breasts  
1 onion  
1 TBSP oil  
2 TBSP curry paste  
400g tin chopped tomatoes  
**Optional** - 3 handfuls of fresh Spinach.

## Equipment from home

\*Sealable container to carry home in

## Method

- Collect equipment, organise work area.
- Using a white chopping board peel and finely chop the onion.
- Using a **red** chopping board cut the chicken into bite size pieces.
- Fry the onion for 2 minutes in the oil, and then add the chicken. Cook until it turns white on the outside.
- Stir in the curry paste.
- Add the tomatoes, bring to the boil and then simmer for 10 minutes until the chicken is cooked.
- Stir in the spinach if using, and cook for a further 2 minutes.
- Wash up, clean and check equipment.
- Serve with boiled rice, naan bread and a side salad.

## Reheating

Reheat in oven at 180C / Gas 5 for 20 - 30 minutes or until piping hot in the centre. Can be microwaved.





# Cinnamon Palmiers

## Ingredients

375g ready made puff pastry sheet  
50g soft margarine  
1  $\frac{1}{2}$  tsp ground cinnamon  
3 TBSP sugar

## Equipment from home

\*Tin to carry home in

Oven Temp 180C  
Gas 5

Time 20 minutes

## Method

- Collect equipment, organise work area. Pre-heat oven 180C or gas mark 5
- Line baking tray with baking parchment.
- Unroll the pastry sheet.
- Brush lightly with margarine to fully cover the pastry sheet.
- Mix together the cinnamon and sugar and sprinkle evenly over the butter.
- Roll the pastry up from each of the longer sides until the rolled-up edges meet in the centre.
- Slice the pastry into 2cm pieces, then place, cut-side up, on the baking trays, flattening a little with the palm of your hand.
- Bake for 20 mins until golden and puffed up, then cool on a wire rack.
- Wash up, clean and check equipment.



# Notes...