

Pizza Scones

Recipe 4

Ingredients

Ingredients - base

75g self raising flour
25g cheese
12g hard margarine
50ml milk
1/2 tsp mixed herbs

Ingredients - topping

75g pizza topping sauce
50g cheese

Topping of your choice i.e

1 small onion
25g mushrooms
25g ham
20g pineapple



Bread Rolls

Recipe 5

Ingredients

- 1 level cup/ 150g strong white flour , plus extra for dusting
- 1 pinch tsp salt
- 1 teaspoon / 2g fast-action yeast (use red measuring spoon)
- 1 tsp margarine/ oil
- 100ml water (preferably a little warm but not hot) – **don't** use water from hot tap!! (from school)

Optional extras from your design.



Food and Nutrition



Y7 Food and Nutrition

Recipe booklet

Developing Food Skills 1

Use this as a **guide** to the recipes you will be making this half term.

You may **adapt** the recipes a **little** to **suit your tastes** (see Miss if you have any questions)

Always bring an adequate sized named lidded container to take your products home.

Store refrigerated items in your student area fridge at the start of the day

You will **record** your **recipe** for the **next week** in your **planner** – you must **ask** or **check** on the **food room notice board** if you are unsure which recipe we will be making.

Tomato Pasta Bake

Ingredients

½ pan water, boiling
150g pasta shapes
1 x 400g tin tomatoes
2 tbsp tomato puree
1 onion
½ green pepper
½ yellow pepper
1 small courgette
small handful of olives
2 tbsp oil for frying
100g cheese

You will need an oven proof dish

Top tips

- Vary the vegetables in the pasta dish, e.g. use sweetcorn, aubergine, olives or mushrooms.
- Try adding some chopped cooked chicken, ham, tuna or chunks of feta cheese.



Muffins

Ingredients

Dry ingredients

- 125g Self raising flour
- 25g Cocoa powder
- 60g Sugar

Wet ingredients

- 120ml milk
- 2 tbsp. / 30ml oil
- 1 egg

NB. You will also need either 6 muffin cases or 12 cake cases and a large container to take the cakes home!!

Top tips:

- Try adding 50g of cherries or chocolate chips to make these extra tasty



- If you don't like chocolate, replace 25g cocoa with an extra 25g flour and add 50 – 100g dried or fresh chopped fruit and maybe some cinnamon or mixed spice to the mix.

Savory Muffins

Ingredients

- 2 medium eggs
- 150ml of milk
- 75g of butter
- 150g grated cheese
- 1 red onion
- 250g self raising flour
- Salt and pepper to taste

Optional ingredients:

Chives, ½ a pepper of your choice, chopped ham, chopped tomatoes etc



Fruit salad

Recipe 1

Always bring a container with you to a practical lesson.

Ingredients

1 Fresh lemon OR lemon juice / small orange juice carton

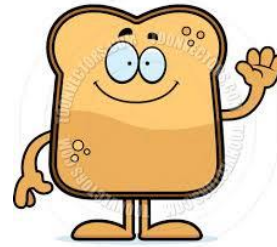
+ choose up to 5 single fruits (see suggestions below)

Apple/ pear/ banana/ orange/ kiwi / nectarine/ peach/ plum/ mango/ pomegranate/ melon/ pineapple (tinned or fresh) handful of grapes/ strawberries/ cherries etc.

Top Tip: If you choose **larger fruits** such as pineapple, **bring a slice rather than the whole fruit**. We cannot guarantee there will be space in the fridge if you bring the whole fruit



Fruit salad



Toasty

Recipe 2

Ingredients

- 30g hard cheese, e.g. Cheddar, Edam, Gruyere
- 1 tomato
- 2 slices of bread, preferably wholegrain
- 1 slice ham

Optional:

- Onion or red onion
- Chutney or sauce
- Instead of ham use Quorn slices or chicken slices



Recipes

Fruit Crumble

Recipe 3

Ingredients:

For the crumble topping

120g plain flour

60g caster sugar

60g unsalted butter

For the fruit compote

300g **Cooked** apple (you can do this at home or bring canned shop brought apples)

30g unsalted butter

30g Demerara or brown sugar

115g blackberries

1 tsp. ground cinnamon

1 tsp. of vanilla extract

