

Omelette

Ingredients

- 2 eggs
- 2 tbsp. milk
- 10g margarine or butter
- 50g cheese and or 2 slices of ham
- Salt and pepper * provided by school

Don't forget a container to take your Omelette home in

Equipment

Blue tray, grater, white chopping board, knife and fork, tablespoon, frying pan, fish slice, dinner plate, scrap bowl, small bowl,

Method

1. Firstly grate the cheese on the white chopping board.
2. Then cut the ham into small pieces.
3. Crack the eggs into a small bowl, add the milk and salt & pepper. Using a fork whisk them together.
4. Next place the frying pan on the hob. Add the margarine /butter place the frying pan on the hob and turn the hob onto a medium heat.
5. Once the butter has melted pour the egg mixture into the pan and gently swirl it over the base of the pan.
6. When the mixture begins to set, slowly and carefully draw in the mixture from the edges with a fish slice.
7. When the mixture is completely set, turn down the heat.
8. Then put the cheese and/or ham on top.
9. Fold omelette in half and leave the cheese to melt inside the omelette for 1 minute on a low heat.
10. Transfer to a plate.



Extension to try at home – Include an appropriate herb or additional vegetable to improve the nutrition of the dish. Try different meats such as pre-cooked chicken or beef instead.

Recipe Booklet



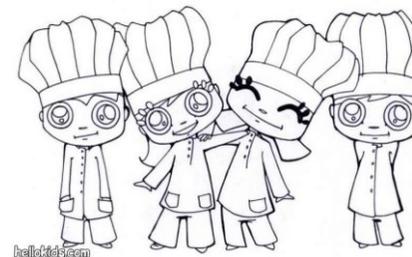
Food and Nutrition Year 7

REMEMBER TO BRING TO EVERY LESSON

These recipes are not necessarily in the order that we will make them

Name: _____

Form: _____



Basic Muffin recipe



Remember a
named
container to
take your
muffins home

Ingredients

- 125g self-raising flour
- 70g caster sugar
- 35ml sunflower oil
- 1 egg
- 100ml semi-skimmed milk
- *6 Muffin cases in school
- Choose one of the **flavours** listed below

<u>Blueberry</u>	<u>Banana</u>	<u>Raisins</u>
75g Blueberries	1 banana	75gm raisins
Wash & add whole	Mash in a small bowl using a fork	Add Whole

The ingredients have been weighed at home by my child
Parent/Guardian signature:

Equipment - Blue tray, Mixing bowl, small bowl, fork, measuring jug, 15ml spoon, cooling rack, spatula, weighing scales, small measuring cup, muffin tin and cases. (Sieve and metal bowl for blueberries)

Method

1. Preheat the oven to 200°C or Gas Mark 6.
2. Put the paper cases into the muffin tin.
3. Using the scales weigh out the flour and sugar.
4. Put them into the mixing bowl then mix them together using the spatula.
5. Measure the milk in the measuring jug, then pour it into the mixing bowl.
6. Measure the oil in the small glass measuring cup. Add to mixture in the mixing bowl
7. Crack the egg in to the small bowl and then using a fork beat the egg. Add to mixture in the mixing bowl
8. Stir well to combine
9. **Then add flavourings (mash banana, rinse and add blueberries, add raisins), Mix well.**
10. Carefully transfer the mixture to the jug and carefully pour into the cases.
11. Check tray is clean if not clean any spillages with a pink cloth.
12. Bake for 15-20 minutes, until risen and golden brown.
13. Cool on the wire cooling rack.

Extension use different fruits to provide variety and colour

Fruit Crumble

Crumble Topping

Ingredients

- 100g Plain flour (white or whole meal)
- 50g butter or margarine
- 25g sugar
- 50g oats (provided by school)

Equipment

Blue tray, weighing scales, sieve, mixing bowl, metal spoon

Method

1. Rub in the butter or margarine into the flour until it resembles breadcrumbs.
2. Stir in the oats and sugar with a metal spoon.
3. Put in bag/ container and set aside

Crumble part 2

Ingredients

- Eating apple
- 125g of tinned, dried or fresh **seasonal** fruit
- E.g. Rhubarb, Raspberries, Blueberries, Strawberries, Blackberries

Equipment

Blue tray, white chopping board, vegetable knife, apple corer, scrap bowl, vegetable peeler

Method

1. Preheat the oven to 190°C or gas mark 5.
2. Peel and core the apples with a corer then slice thinly.
3. Arrange the apple slices in the oven-proof dish.
4. Then sprinkle the second fruit on top of the apples
(if using tinned fruit drain the juice and just add the fruit only!)
5. Sprinkle the crumble topping over the fruit making sure all the fruit is covered.
6. Bake for 25-30 minutes, until the apples are soft and the crumble topping is golden.

Extension Use other fruits can also be used to provide variety and colour, at home serve with cream/crème fraiche/custard or ice cream to make a lovely hot pudding



Don't an over
proof dish to
cook your
crumble in

Fish in a parcel with green beans and pesto



Ingredients

- 1 handful of green beans
- 1 x 150g (approx.) **fresh** chunky salmon/white fish fillet, (skin on scaled & bones removed) **Not Tinned**
- **Ingredients supplied by the school** - ½ lemon, greaseproof paper, 1 heaped teaspoon (5ml) green pesto /mixed herbs if you have anybody nut allergy

Equipment

Blue tray, white chopping board, scissors, teaspoon 5 ml spoon,

Method

1. Using a white chopping board; trim your green beans by cutting off the stalk from both ends
2. Put the green beans in middle of the greaseproof paper, lay a fish fillet, **skin-side down**, across the green beans and spoon over 1 teaspoon (5ml) of green pesto.
3. Cut the lemon in ½ on the white chopping board, and then squeeze the lemon using your hands remembering to catch any pips. Then pour juice over the fish. Fold the paper over the top of the fish, and then gently twist the edges to seal - like a parcel.
4. Put the parcel onto a plate and cook in the microwave on **high** for 3- 4 mins, depending on the size of fish.
5. Take out of microwave carefully, open the parcel and check that the fish is cooked through.

Don't forget a container to take your fish home in

Extension at home or on another occasion

Try making this dish with the another type of fish.
Garnish with parsley & lemon slices or wedges

Vegetable Stir Fry

Ingredients

Bring ALL of the following:-

- 2 cloves of garlic
- 1 onion (red or white)
- 1 pepper (red, yellow or green)
- Optional** - 2.5cm/ 1 inch ginger, grated

Then choose from the following:-

- 3 large of handfuls or 400gms of either one of each or a combination
- button mushrooms
- mangetout / broccoli / green beans
- baby sweetcorn / pak choi / cabbage / carrots
- Beansprouts fresh or tinned

*** provided in school**

***Oil 1-2 tbsp.**

***Stir fry sauce** 1 x 5ml tsp. corn flour, 1 x 15ml tbsp. water, 2 x 15ml tbsp. Soy sauce, 2 x 15ml tbsp. Sweet chilli sauce.

Equipment - Blue tray, vegetable knife, white chopping board, wok, wooden spoon, scrap bowl & newspaper, grater, teaspoon, tin opener if necessary.

Method

1. Finely cut onion, garlic.
2. Grate the ginger if using.
3. Wash & cut the pepper into slices then into 3.
4. Wash if necessary & prepare the rest of the vegetables.
5. Stir with a teaspoon the corn flour, water, soy sauce and sweet chilli sauce
6. Place the chopped vegetables, **apart from the mushrooms and beansprouts**, in the wok with the oil.
7. Cook for 3- 5 minutes on a medium heat stirring all the time.
8. Then add the mushrooms, bean sprouts.
9. Stir the sauce well and add the sauce to the wok.
10. Simmer (a low heat) for 3 minutes stirring all the time.
11. Transfer to take home container.

Top tips – you can use any ingredients you like in a stir fry – prepare everything before you start stir-frying as this is a very quick way of cooking!

Extension at home - Add Chicken or another meat, prawns, tofu or Quorn for a main meal. Add 200gms of rice or noodles to finish cook add a stock cube to the water for extra flavour. Use groundnut oil or sesame oil for a different taste.



Remember a named container to take your Stir Fry home in

Sunset Pasta Salad

Ingredients

200g dried pasta

Choose 3 Toppings from list below to add to your pasta:

1 red/white onion / spring onions,
1 avocado, 1/2 cucumber, or celery
Pepper or carrot, tinned sweetcorn, raw mushrooms
cherry tomatoes/2 large tomatoes/sundried tomatoes,
a handful of green or black olives or raisins

Sauce – * provided in school - 1 x 15ml tbsp. tomato puree, 1 x 7.5ml olive oil,
1 x 7.5ml white wine vinegar, Salt & Pepper.

Equipment

Blue tray, vegetable knife, white chopping board, scrap bowl, wooden spoon,
large saucepan + lid, pot stand, colander.

Method - Cooking Pasta

1. Firstly ½ fill a large saucepan with water. Choose an appropriate size burner, turn up to the highest heat to boil, put the saucepan onto the hob and put the lid on.
2. When the water is rapidly boiling in the large saucepan put the pasta into a colander, then tip the colander gently into the pan with bottom of the colander facing you. Stir once.
3. Leave the lid off. Cook for about 10 minutes (check packet) until al dente (describes cooked [pasta](#) that is firm to the bite.).
4. Drain the pasta. Firstly place the colander in the sink.
5. Making sure the area is clear. Using oven gloves if needed tip the saucepan slowly so that the pasta and water falls into the colander.
6. Put the pan onto the draining board and shake the colander to remove any excess water. Then put the pasta back in the saucepan and place on a pot stand on your table

Method - Preparing toppings and adding sauce

1. Prepare your choice of toppings into bite sized pieces. Then put them in to the pasta in the large saucepan. Combine the pasta and toppings together.
2. Using a teaspoon mix together the puree, olive oil and white wine vinegar in the cup. 3. Then add to the pasta
4. Transfer to your take home container

Extension – An alternative dressing, 50 gm mayonnaise, some black pepper and chopped fresh (or dried) herbs

Extension at home, Substitute the pasta with brown rice, bulgar wheat, quinoa or cous cous. For a healthier alternative. You could add tuna, cheese, chickpeas, ham, bacon bits, boiled egg, sausages, frankfurters, salami, or Quorn pieces.

Remember a named container to take your Sunset Pasta salad home in



Classic Tomato Spaghetti

Ingredients

1 onion

1 clove garlic

1 x 400g canned chopped tomatoes

100g Spaghetti (*Please note **how long your pasta takes to cook***)

Provided in school *1x10ml spoon oil, *1 x 5ml teaspoon dried basil, *black pepper

(Equipment - Blue tray, vegetable knife, white chopping board, scrap bowl, wok, wooden spoon, large saucepan + lid, pot stand, colander.

Method Cooking Pasta

1. Firstly ½ fill a large saucepan with water.
2. Choose an appropriate size burner, turn up to the highest heat to boil, put the saucepan onto the hob and put the lid on.
3. When the water is rapidly boiling in the large saucepan put the pasta into a colander, then tip the colander gently into the pan with bottom of the colander facing you. Stir once. Leave the lid off.
4. Cook for 10 minutes (check packet) until al dente (cooked pasta that's firm to the bite.).
5. Drain the pasta. Firstly place the colander in the sink.
6. Making sure the area is clear.
7. Using oven gloves if needed tip the saucepan slowly so that the pasta and water falls into the colander.
8. Put the pan onto the draining board and shake the colander to remove any excess water.
9. Then put the pasta back in the saucepan. Place the saucepan on a pot stand on your table



Method Tomato Sauce start preparing whilst water's boiling & whilst pasta's cooking

1. Peel and chop the onion on the white chopping board, then peel, crush and slice very thinly the garlic on the white chopping board. Open your tin of tomato.
2. Fry the onion & garlic in the oil in a wok for 5 minutes on a medium heat until soft & golden brown.
3. Add the tomatoes, basil and black pepper to the wok.
4. Turn **down the heat and simmer gently**, CONTINUING TO STIR for UP TO 10 minutes until most of the liquid has evaporated and the sauce has thickened.
5. Finally transfer the pasta to your take home container, then add the tomato sauce and then mix them together (or leave separate if preferred).

Extension to try at home: You can add other simple ingredients, such as baby spinach, chopped rocket leaves, or fresh or frozen peas, to your tomato sauce to transform it.

Remember a named container to take your food home in. Bring 2 if keep the pasta and sauce apart

Easy Pizza

Ingredients

Essentials	2 from this list	1 from this list
Tomato puree 100g cheese (cheddar/Mozzarella/ goats/Low fat)	2 slices Ham 2 Mushrooms 1 Tomato 1 Pepper 1 small tin pineapple 5 slices Pepperoni 1 small tin sweet corn 1 slice cooked chicken	½ French stick/baguette (NO PART BAKED) 2 crumpets 1 bagel 1 wrap Crust of a loaf of bread.

Equipment

Blue Tray, white chopping board, vegetable knife, grater, scrap bowl table knife.

Method

1. Pre-heat grill,
2. On the white chopping board prepare toppings for your pizza
3. Spread tomato puree on each piece of bread.
4. Arrange toppings on top, grated cheese goes on last.
5. Grill pizzas for about 3-5 minutes until cheese has melted and is bubbling.
6. Carefully remove from grill pan.



Don't forget a box
to take your pizza
home in

Extension Ideas: try different ingredients from the topping or base lists.
Serve with a salad or crudities

Fajitas

Ingredients

1 small raw chicken breast
½ green pepper
½ onion /1 small onion
1 tomato
25g Cheddar cheese
½ a small pot of sour cream
2 tortillas

Marinade

1 x 10ml spoon oil
½ lime
1 clove garlic
1x15ml sp fresh coriander or 1x5ml dried coriander
½green chili* (optional)



Equipment

Blue tray, white & red chopping boards, vegetable knife, small bowl, grater, wok, wooden spoon, metal spoon, pot stand, scissors & scrap bowl & newspaper

Method

1. Prepare the **marinade** in the small bowl.

- Add the juice from the lime - squeeze the lime with your hand
- Peel and crush the garlic, then slice thinly
- Coriander if using fresh chop the coriander if using dried add 1 x 5ml (tsp.)
- De-seed and slice the chili - **Using disposable gloves, then wash your**

hands thoroughly and don't touch your face.

- Stir everything together with the oil into a small bowl with a metal spoon.

2. Place the chicken on a **red** chopping board. Remove any skin from the chicken. Cut the chicken into strips USING THE SCISSORS. Put all the chicken into the marinade in the small bowl to soak up the flavours.

Wash your hands and remove any equipment that the raw meat has come into contact with and put on the side ready for washing up.

3. Prepare the remaining ingredients with a vegetable knife on the **white** chopping board

- Dice the onion and green pepper, Chop the tomato, grate the cheese.
4. Next add the marinated chicken to the wok. Stir-fry for about 4 minutes. Check that the chicken is cooked.
5. Once the chicken is cooked add the onion and green pepper to the wok and continue to cook for a further 2 minutes. Take the wok off the heat and place on your table on the pot stand.
6. Spread some chicken mixture in the centre of the tortilla.
7. Add some tomato, cheese & a little sour cream then roll up as shown in the picture

How to fold and roll a wrap.



1. Place fillings in the center of the wrap.
2. Fold both sides of the wrap.
3. Fold towards the top of the wrap.
4. Cut in diagonal slices and enjoy!

Don't forget a container to take your Fajitas home in

Extension other ideas to try at home

For Quesadillas 1 tortilla per person. Sprinkle one ½ of each tortilla with 15 g grated Cheddar cheese and add a spoonful of the cooked chicken strips and green peppers and onions. Fold into a half-moon shape, pressing the edges together, and fry until lightly golden on each side.

Tomato salsa 4 spring onions, thinly sliced, 125 g diced ripe tomatoes, 1 medium fresh green chilli, seeded and chopped, or to taste 2 tbsp tomato passata, 2 garlic cloves, chopped, ½ tsp ground cumin, lemon juice to taste, combine all the ingredients

Also make guacamole Mash and chop 2 avocados peeled remove stone, stir 1 small chopped red onion and 1 finely chopped garlic, 1 finely chopped tomato and juice of 1 lime add salt and black pepper to taste