

Practical Skills Year 7 Ingredient List -

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

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| <p>Fruit Muffins to learn how to weigh and use the main oven</p> | <p>Fruit Crumble 1 & 2</p> |
| <p>Ingredients 125g self-raising flour 70g caster sugar 35ml sunflower oil 1 egg 100ml semi-skimmed milk 6 Muffin cases *(provided by school) 75g Blueberries/1 small banana /75g raisins 6 Muffin cases *(provided by school) Equipment: bring in a sealed labelled container to take muffins home Extension use different fruits to provide variety and colour</p> | <p>Crumble Topping – Homework To learn the rubbing in method. Ingredients 100g plain flour (white /whole meal) 50g butter or margarine 25g sugar 50g oats *(provided by school) Equipment: named bag / container to bring your crumble in to school until your next lesson. Fruit Crumble 2 To learn how to peel and cut safely Ingredients 1 eating apple 125g dried / tinned /fresh seasonal fruit e.g Rhubarb, Raspberries, Blueberries, Strawberries, Blackberries Equipment: named ovenproof dish to cook your crumble in it will serve 1-2 people. Bring a lid or cling film / foil to cover. 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</p> |
| <p>Fish in a parcel with green beans and pesto To learn how to use a microwave safety</p> | <p>Vegetable Stir fry - To learn the 2 different knife skills - Claw grip / bridge hold. To cook using a hob</p> |
| <p>Ingredients 1 handful of green beans 1 x 150g fresh chunky salmon/white fish fillet, skin on scaled and 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: A named leak proof container to take your fish parcel 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</p> | <p>Ingredients Bring ALL of the following:- 1 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 Oil 1-2 tbsp*(provided by school) Stir fry sauce *(provided by school) 1 x 5ml sp corn flour, 1 x 15ml sp water, 2 x 15ml sp soy sauce, 2 x 15ml sweet chilli sauce. Equipment: a named leak proof 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 complete 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.</p> |

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| <p>Classic Tomato Spaghetti cook pasta safely Boiling on the hob, revisit knife skills</p> <p>Ingredients 1 onion 1 clove garlic *1x15ml spoon oil 1 x 400g canned chopped tomatoes *teaspoon dried basil, *black pepper 100g Spaghetti</p> <p>Equipment: a named container to take your spaghetti home in, you can bring in 2 if you would rather keep the pasta and sauce separate.</p> <p>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.</p> | <p>Sunset Pasta Salad cook pasta safely Boiling on the hob, revisit knife skills</p> <p>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</p> <p>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 to taste</p> <p>Equipment: Remember a take home container to take your pasta home in.</p> <p>Extension – An alternative dressing, 50 gm mayonnaise, some black pepper and chopped fresh (or dried) herbs</p> <p>Extension at home For a healthier alternative to pasta salad, substitute the pasta with brown rice, bulgar wheat, quinoa or cous cous. You could add tuna, cheese, chickpeas, ham, bacon bits, boiled egg, sausages, frankfurters, salami, or Quorn pieces</p> |
| <p>Fajitas - Cross contamination</p> | |
| <p>Ingredients 1 small chicken breast ½ green pepper ½ onion /1 small onion 1 tomato 25g Cheddar cheese ½ a small pot of sour cream 2 tortillas</p> <p>Marinade 1 x 10ml spoon oil ½ lime 1 clove garlic 1x15ml spoon fresh coriander or 1x5ml dried coriander ½ green chili* (optional)</p> <p>Equipment: a named container</p> <p>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.</p> <p>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</p> <p>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</p> | |

| Practical –Omelette To make a dish using a frying pan and refresh using a hob | Practical – Easy Pizza To learn to use the grill |
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| <p>Ingredients</p> <p>2 eggs 2 tbsp. milk Salt and pepper (provided in school) 10g margarine or butter 50g cheese and or 2 slices of ham.</p> <p>Equipment: you may eat your Omelette in class but bring a named container to take it home in case you don't eat it in class</p> <p>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.</p> | <p>Ingredients</p> <p>Essentials</p> <p>tomato puree 100g cheese (cheddar/mozzarella/goats/low fat 2 from this list 2 slices ham 2 mushrooms 1 tomato 1 pepper 1 small tin pineapple 5 slices pepperoni 1 small tin sweetcorn 1 slice cooked chicken 1 tomato 1 from this list ½ French stick / baguette (NOT PART BAKED) 2 crumpets 1 bagel 1 wrap crust of a loaf of bread</p> <p>Equipment: a suitable named container to take home in.</p> <p>Extension Ideas: try different ingredients from the topping or base lists. Serve with a salad or crudities</p> |