

Name:

Class:

Year 7 Recipe Booklet



Cooking contents

Use the contents page to document practical's for your record. Use the box to tick once you have completed the practical. You will have 3 practical assessments through out the year. These are documented in the booklet.

1. Fruit salad

8. Pancakes

15 . Fairy Cakes

2. Pasta salad

9. Quesadillas

16. Roasted Tomato Soup

3. Flapjack

10. Tomato pasta sauce

17. Cookies

4. Cheesy Chicken Pasta

11. Puff pastry tarts

5. Pizza toast

12. Make your own puff
pastry tarts

6. Cheese scones

13. Rock buns

7. Jam Tarts

14. Couscous Salad

Fruit Salad

Ingredients

5 fruits

Try and get a range of **textures**,
colours, **flavours** and **shapes**.

What counts as a portion?

- One ring of pineapple
- A slice of melon
- 1 banana
- 1 apple
- 1 pear
- 6 strawberries
- 10 blueberries
- 10 grapes
- 1/3 mango
- $\frac{1}{2}$ pomegranate

Equipment

Bowl

Knife

Peeler

Chopping board

Skills

Chopping

Slicing

Peeling

Method

Peel and chop all fruit into bite sizes.



Pasta Salad

Ingredients

150g **cooked** pasta

1 tomato

$\frac{1}{4}$ cucumber

1 pepper

2 spring onions

1 tbsp. olive oil

1 tsp balsamic vinegar

(optional)

Salt

Mixed herbs

Optional protein:

Canned tuna

Cooked chicken

Cooked bacon

Ham

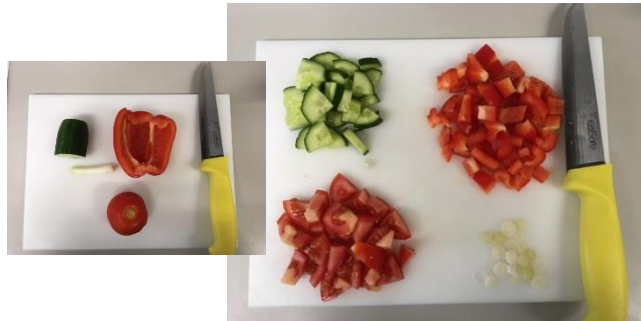
Equipment

Chopping board

Knife

Wooden spoon

table spoon



1. Wash all your vegetables and cut them into small, even pieces.



2. Add them to the bowl (and any protein if you are adding)



3. Add your cooked cold pasta.
Pour the oil over the pasta and add a pinch of mixed herbs and salt



5. Mix well so all pasta is coated

6. Enjoy on its own or as a side dish. 😊

Flapjack

Ingredients

125g rolled oats
75g sugar
75g margarine
2 tbsp. golden syrup

Try
adding..
Nuts
Raisins
coconut

Equipment

Weighing scales
Measuring jug
Saucepan
Wooden spoon

Skills

Mixing
Melting
Weighing
baking



1. Pre-heat the oven to 180°C. Melt margarine, syrup and sugar in a pan. **Do not let the mixture boil.**



2. Remove the pan from the heat and stir in the oats.



3. Pour the oat mixture into an oven proof dish.



4. Lightly smooth the top of the mixture with the back of your spoon.



5. Bake in the oven for 15- 20 minutes

Cheesy Chicken Pasta

Ingredients

1 chicken breast
 $\frac{1}{2}$ pepper
2 garlic cloves
1 carton of passata
200g pasta
100g cheddar cheese
1tsp mixed herbs
Salt and pepper
1 tbsp vegetable oil

Equipment

Red chopping board
White chopping board
Knife
Frying pan
Grater
Teaspoon
Saucepan
Colander

Skills

Working with raw meat
Chopping
Seasoning
Frying
Grating

1. Fill a saucepan over half way with water. Bring to the boil. When boiling, add the pasta and cook for 12 minutes.
2. Dice your chicken breast on a red chopping board. Cut up your pepper on a white chopping board.
3. Fry the chicken and peppers for 5 minutes until white. Add the squeezezy garlic and cook for another minute.
4. Add the passata, mixed herbs and salt and pepper. Mix.
5. When the pasta is cooked, drain and add to the sauce. Mix together well.
6. Pour into an oven proof dish, cover with cheese and bake for 10 minutes until golden and bubbly.

If you already made this dish on the year 6 taster days, you are welcome to change some ingredients!
You could change the protein, vegetables, or the type of cheese on top.

Practical Assessment 1: Pizza Toast

Ingredients

2 slices of bread
2tbsp tomato passata
1 pepper
2 mushrooms
1 tomato
25g of cheese
Pinch of mixed herbs

Equipment

Chopping board
Knife
Grater
baking tray

Skills

Slicing
Grating
baking



1. Pre-heat the oven to 180°C. Slice your vegetables.



2. Grate the cheese.



3. Spread the tomato sauce evenly on the bread.



4. Evenly sprinkle the cheese on the bread.



5. Evenly distribute the vegetables and then sprinkle with mixed herbs.

Bake in the oven for 20 minutes till golden and bubbly. 😊

Cheese Scones

Ingredients

100g self rising flour
Pinch of salt
50g margarine
60g Grated cheese
1 egg
Mixed herbs

Equipment:

Mixing bowl
Teaspoon
Knife
jug, grater
baking tray

Skills

Weighing
Grating
Shaping
Baking



1. Rub the butter and flour together until it resembles breadcrumbs.



2. Add in the grated cheese, herbs and salt. Mix.



3. Make a well in the centre and a little egg.



4. Mix until it forms a dough, lightly kneed with your hands.



5. Pat the dough till around 2cm thick. Use the cutter to cut out the shapes and place on the baking tray.



6. Brush the top of the scones with remaining egg then bake in the oven for 15 minutes.

Jam tarts

Ingredients

Pastry

30g margarine
50g Flour
1tbsp water

Filling

6tbsp jam

Equipment

Bowl
wooden spoon
Jug
Weighing scales
Cup cake tray
Cupcake cases
Rolling pin
Cookie cutter

Skills

Rubbing in method
Pastry making
Rolling out



1. Pre-heat the oven to 180°C. Rub the butter and flour together until it resembles breadcrumbs



2. Add the tbsp of water and mix. Use your hands to make the pastry into a ball.



3. Place on a floured surface and roll out evenly to the thickness of a £1 coin.



4. Use the cookie cutter to cut out 6 pastry cases.



5. Place the pastry cases into the cupcake cases in a tray.



6. Add a tsp. of jam to each case and bake in the oven for 15 minutes.

Pancakes

Ingredients

55g plain flour
Pinch of salt
1 egg
100ml milk
25g butter

Equipment

Bowl
Jug
Frying pan
Spoon
Spatula

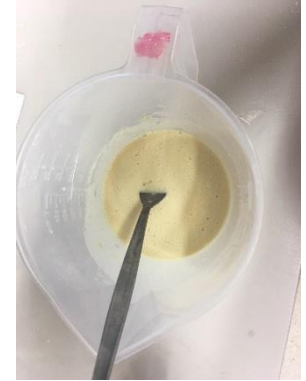
How many different toppings can you think of to go with pancakes?



1. Weigh out the flour in a jug. add the salt and the egg.



2 Mix until its all combined.



3.. Gradually add the milk and keep mixing.



4. Once its smooth start heating pan with a little butter. Add a spoon of mixture and allow to cook.



5. When its golden, flip over and cook on the other side.

Serve hot with your favourite toppings 😊

Quesadillas

Ingredients

120g cheese

1 chicken breast

optional vegetables:

- pepper
- Spring onion
- Sweetcorn
- Spinach

These must be cut very small.

2 tortilla wraps

Equipment

Chopping board

Knife

Grater

Pan

Skills

Grating

Chopping

Frying

Adapting a recipe



1. Chop the chicken into small bite-sized pieces and grate the cheese.



2. Lightly fry the chicken and vegetables until cooked through.



3. Sprinkle 1/4 the cheese over half of the wrap followed by 1/2 the chicken.



4. Cover the chicken with another 1/4 of the grated cheese.



5. Fold in half and place in the frying pan.



6. Fry in a lightly oiled pan until golden on each side.

Repeat with the remaining wrap, cheese and chicken.

Practical Assessment 2: Red pepper and Tomato sauce

Ingredients

1 small onion
1 clove garlic
1 red/yellow pepper
1 can chopped tomatoes
Splash of oil
Fresh basil/dried herbs
Salt and pepper
Optional: $\frac{1}{2}$ chilli

Equipment

Chopping board
Knife
Saucepan
wooden spoon
can opener

Skills

Slicing
Dicing
Using the hob
Seasoning



1. Chop the onion and pepper into cubes. Mince the garlic.



2. Fry the onions and garlic in the oil for a few minutes until softened.



3. Add the pepper and continue to cook for a few minutes.



4. Add the can of tomatoes gently as they may spit.



5. Add black pepper, salt and mixed herbs and simmer gently for 10 minutes.

Puff pastry pesto tarts

Ingredients

1 x ready rolled puff pastry

$\frac{1}{2}$ jar of pesto OR tomato puree

1 pepper

1 red onion

100g cheese

Equipment

Chopping board

Knife

Skills

Slicing

Dicing

Baking



1. Pre-heat the oven to 180°C. Finely slice your onion, pepper and tomato.



2. Cube your cheese



4. Cut your puff pastry into even squares. Place the squares onto a baking tray with baking paper.



5. Spread the pesto on to the tarts



6. Next add your vegetables and the cheese. Bake in the oven for 20 minutes on 180C.

Next lesson you will be making your own puff pastry recipe.

Rock Buns

Ingredients

125g plain flour
60g margarine
2 tbsp caster sugar
1 egg
1 tbsp milk or water if needed

Optional filling:

- Chocolate chips
- Raisons

Equipment

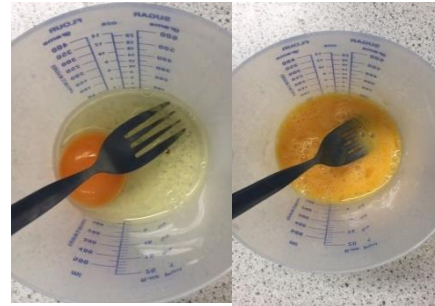
Bowl
wooden spoon
Scales
Jug
baking tray

Skills

Weighing
Mixing
Shaping
baking



1. Pre-heat the oven to 200°C
Cream butter and sugar together until creamy.



2. Crack the eggs into a jug and whisk with a fork.



3. Add the egg a little bit at a time, mixing every time you add some.



4. Add the flour and other dry ingredients.



5. Mix into a batter. Add a tbsp. of milk if its too dry.



6. Divide into 4 rough heaps onto grease proof paper on a baking tray. Bake for 15mins until golden brown.

Flavoured couscous

Ingredients

250g couscous

300ml boiling water

150g chorizo

OR Chicken breast

1 yellow pepper

1 courgette

1 garlic clove

1 tomato

Handful of each fresh
parsley, basil and mint
(or dry mixed herbs)

$\frac{1}{2}$ lemon (for juice)

1 tbsp. olive oil

Salt and pepper

Optional

Handful of olives

Equipment

Chopping board

Knife

Saucepan

Frying pan

Wooden spatula

Mixing bowl

Skills

Seasoning

Boiling

Frying



1. Place the couscous in a bowl. Add the stock cube to the boiling water and stir until dissolved.



2. Pour the stock over the couscous, leave to one side.



3. Chop the pepper, courgette, tomato, garlic and fresh herbs on a white chopping board. On a red board chop the chorizo or chicken breast.



4. Fry the peppers, courgette, garlic and chorizo or chicken in a little oil for 3 minutes. If using chicken fry for a further 5 minutes.



5. Add the tomatoes, herbs, olives, lemon juice, olive oil, salt and pepper. Cook for 2 minutes.



6. Add the chorizo and vegetable mix to the couscous and mix well.

Fairy Cakes

Ingredients

- 1 egg
- 75g Self raising flour
- 75g caster sugar
- 75g margarine
- Optional filling:
 - Chocolate chips
 - Dried fruit

Equipment

- Mixing bowl
- Weighing scales
- Wooden spoon
- Jug
- Cup cake cases
- Cupcake baking tray

Skills

- Weighing
- Whisking
- Folding
- Portioning
- Baking



1. Collect all your equipment and turn your oven to 180°C or gas mark.



2. Cream the margarine and sugar until light and creamy.



3. Whisk the eggs in a jug. Add the egg a little at a time and mix well.



4. Fold in the flour and any other dry ingredients.



5. Half fill the paper cases with the mixture using two teaspoons.



6. Bake in a pre-heated oven for 15-20 minutes or until firm to touch and golden brown.

Roasted Tomato and Basil Soup

Ingredients

1000g tomatoes
2 garlic cloves
2tbsp oil
1 onion
1 red pepper
1 tbsp tomato purée
1 stock cube
250ml water
½ pack of basil (or mixed herbs)

Equipment

Knife
White chopping board
Frying pan
Baking tray
Wooden spoon
Metal spoon
Stick blender

Skills

Chopping, roasting, dicing, frying, boiling, measuring, blending, seasoning.



1. Pre-heat oven to 180°C. Chop the tomatoes, peel and crush the garlic. Place onto a baking tray.



2. Season with salt and pepper, drizzle with oil and roast for 25 minutes.



3. Dice the onion and pepper.



4. Fry for 5 minutes until softened.



5. Add a tbsp of tomato puree and mix..



6. Pour in the water and stock cube and simmer



6. After 25 minutes take out the tomatoes.

7. Add all the tomatoes and the juice from the bottom of the tray into the saucepan. Add in the fresh basil.



8. Use the stick blender to blend into a smooth soup. **THE BLENDER MUST BE COMPLETELY SUBMERGED IN THE LIQUID BEFORE YOU TURN ON THE BLENDER.**

Practical Assessment 3: Chocolate chip cookies

Ingredients

125g butter, softened
100g light brown soft sugar
125g caster sugar
1 egg, lightly beaten
225g self-raising flour
200g chocolate chips

Equipment

Weighing scales

Bowl

Spoon

Baking tray

jug

Skills

Weighing

Whisking

Shaping

Baking



1. Pre-heat the oven to 190°C. Weigh out the butter and the sugar.



2. Cream the butter and sugar together.



3. Mix the egg in a jug and add a little at a time to the butter mixture.



3. Add the flour and chocolate chips. Mix well.



4. Split the mixture into 12 even balls, 6 per tray. Bake for 10 minutes until golden on the edges and soft in the middle.

You can change this recipe to make:

- Chocolate orange cookies
- Cranberry and white chocolate cookies
- Peanut butter cookies