

# Yr 7 RECIPE BOOK

## Mad Hatters Tea Party



**G**

GRATITUDE



**R**

RESPONSIBILITY



**E**

EXCELLENCE



**A**

ASPIRATION



**T**

TENACITY



Student	
Group	
Teacher	

**NEWARK**  
ACADEMY

# Top Tips

## Before you get started some tips to help you!

### UNIFORM

Remember you need your apron and a clean tea-towel for every practical lesson, ensure your name is in your apron.

### INGREDIENTS

It is our aim for you to participate and enjoy all practical lessons. If you have a problem with any recipe then you need to see your Food Teacher THE DAY BEFORE the day of your practical with a note. If possible we will help.

If you arrive to a practical lesson with no ingredients you will be issued with a C2 and set supporting theory work. If you are absent then do check if any ingredients are needed for your next lesson and **ALWAYS** find out what you have missed in class.

Remember to weigh out and pack your own ingredients for your practical work, this will ensure you become more independent and quicker at organisational skills.

Any perishable items of food need to be stored in the refrigerator before registration on the day of your practical lesson with your name on all containers/bags. Dry store items can be placed into the unit storage areas. Cooked and uncooked food left in the fridge for longer than 24 hours will be **thrown away** for health, safety and space reasons.

If you are allergic to any ingredients please discuss with your teacher or parent a suitable alternative that requires the same skill of preparation as the original ingredient.

### OVENPROOF DISHES

If possible try and use rectangular/square dishes for oven baked items such as pies or lasagne. It is easier to portion control accurately and you can fit pasta sheets into them easily.

### TAKEAWAY CONTAINERS & LARGE AIRTAIGHT CONTAINERS

The plastic dishes that are used in takeaways are very handy when you don't have a suitable ovenproof dish and are ideal for freezing food in. It is advisable to bring in a large airtight container with your name on the main container and the lid to store products in.

### PARENTS

Please note that the recipes printed in this booklet have been planned according to the New National Curriculum on **Food Preparation and Nutrition** which encourages lifelong healthy eating, focuses on creating dishes that can be re-created at home and enjoyed as part of a balanced diet. It is not an option for your child to not take part in the practical lessons, this is part of their curriculum. If there are any issues please contact Mrs E Mowat – Lead Teacher of Food who will be willing to discuss the curriculum with you and any requirements we can help with.

**Objective:** Safely and accurately demonstrate good hygiene, measuring, knife skills, preparing fruit and working as a team.

## Ingredients

- 4-6 pieces of fruit, with at least 3 that need preparing
- 1 carton (250ml) of pure juice (e.g. apple, orange, pineapple)



## Fruit Salad or Fruit Kebabs – Method

1. Prepare yourself and your equipment.
2. Wash (if necessary) and prepare your fruit using the appropriate cutting techniques. Put food waste into the large mixing bowl and fruit into your container as you go.
3. Add your fruit juice to your container and stir the fruit salad using a tablespoon to ensure all fruit is evenly distributed.
4. If making kebabs place each variety of fruit onto skewer attractively.
5. **When finished, wash up your equipment and clean your work areas.**

**Outcome:** Successfully and safely make fruit salad or fruit kebabs, demonstrating the safe use of knives and knife skill.

**Objective:** Safely and accurately demonstrate good hygiene, weighing and measuring, use of knife, hob, melting method, combining ingredients, dividing the mixture and use of oven.

## Ingredients

- 125g fat (**NOT** “light” versions of vegetable spread)
- 4 tablespoons golden syrup (**NOT** dessert syrup)
- 50g sugar (ideally soft brown sugar)
- 225g oats
- Additional ingredients to make your flapjack healthier  
(Up to 200g dried weight in total.)

## Flapjack – Method

1. Prepare yourself and your equipment. Pre-heat the oven to 180°C. Place your muffin / cupcake cases into a bun / muffin tin.
2. Add your margarine/butter, sugar and golden syrup to a large saucepan.
3. Place your saucepan on the hob over a medium heat, and allow the ingredients to melt together, stirring with a wooden spoon.
4. Once the ingredients have melted, remove the saucepan from the heat. Add the oats and additional ingredients, and mix through until fully combined.
5. Spoon the mixture into the muffin cases using a tablespoon and teaspoon, then place the flapjacks in the oven for 10-12 minutes. Remove from the oven when they are golden brown using gloves and place onto a cooling rack.
- 6. When your flapjacks are cooking, wash up your equipment and clean your work areas.**

**Outcome:** Successfully and safely make a healthy flapjack, identifying how to make it healthier.

**Objective:** Safely and accurately demonstrate good hygiene, weighing and measuring, knife skills, rubbing in technique, combining ingredients, rolling out/cutting, measuring thickness, cooking dough and using oven.

### Ingredients

- 250g Self Raising Flour
- 1 tsp Baking Powder
- 50g Butter or Block Margarine
- 25g Sugar
- 125ml liquid (milk or flavoured yoghurt)

### Choose from selection of ingredients to modify from:

- 50g grated cheese
- 50g fruit

### Scones – Method

1. Prepare yourself and your equipment. Pre-heat your oven to 210°C.
2. Prepare your additional ingredients.
3. Using the “rubbing in” technique, rub in the fat to the flour.
4. Add in additional ingredients.
5. Gradually add binding ingredient, you may not need all the liquid.
6. Bring together the dough and turn onto a floured surface.
7. Roll out to the thickness of 2cm.
8. Cut the dough and place onto a lined baking tray.
9. Place the scones on the tray and “glaze” with milk.
10. Place into a preheated oven for 10-15 minutes.

**11. When your scones are cooking, wash up your equipment and clean your work areas. Remove scones when golden brown**

**Outcome:** Successfully design and safely make a batch of scones created using the rubbing in technique.

**Objective:** Safely and accurately demonstrate good hygiene, knife skills, grating, spreading components, assembling / layering and using the grill.

## Ingredients

- 30g Hard Cheese  
(e.g Cheddar/Edam/Flavoured Cheddar) **DO NOT BRING GRATED!**
- ½ Yellow Pepper
- 1 Spring Onion
- 1 Mushroom
- 2 Bread Slices  
(think about texture and fibre content)
- 30g Spoons Tomato Pizza Sauce\*
- ½ tsp Mixed Herbs\*

## Pizza Toasties – Method

1. Prepare yourself and your equipment. Pre-heat the grill, slice the pepper, spring onion and mushroom.
2. Grate the cheese.
3. Place the bread under the grill and toast one side.
4. Remove the bread from the grill and place on the chopping board un-cooked side-up.
5. Spread the tomato sauce over the bread using the back of the spoon.
6. Arrange the pepper, mushroom and onion over the slices.
7. Place under the grill until the cheese bubbles.
8. Remove from under the grill using the oven gloves when golden brown.
- 9. Wash up your equipment and clean your work areas.**

**Outcome:** Successfully design and safely make a handheld lunch product suitable for primary school children.

**Objective:** Safely and accurately demonstrate good hygiene, weighing and measuring, use of knife using the claw and bridge technique, hob, peeling, cutting into evenly sized pieces, combining components, boiling, simmering, stirring and presentation techniques.

## Ingredients

- 100g pasta, your choice of shape and variety
- 2-4 vegetables (e.g. spring onion, red onion or tomato)
- A source of protein (e.g. cooked meat, cheese, etc.)
- 2-3 tablespoons salad dressing/ mayonnaise

## Layered Pasta Salad – Method

1. Prepare yourself and your equipment.
2. Half fill a large saucepan with cold water, and put it on the hob on a high heat to bring it to the boil. Wait for the water to reach boiling point before adding your pasta.
3. Meanwhile, prepare the ingredients you are adding to your pasta salad, and add them to a mixing bowl.
4. When your pasta is cooked, drain it over the sink using a colander, and run it under cold water until it has cooled down.
5. Add the pasta to the mixing bowl with your other ingredients. Then add your salad dressing and mix all of the ingredients together.
- 6. When finished, wash up your equipment and clean your work areas.**

**Outcome:** Successfully demonstrate an appreciation of appearance, odour, texture and taste. To modify products based on a design criteria.