

# Year 7 recipes

Food preparation and nutrition

## DELI SALAD AND DRESSING

### Ingredients

50g penne pasta  
6 green beans  
1 tomato  
1 spring onion  
4 black olives  
50g tuna or cooked meat  
Salt and pepper  
1 tbsp oil  
1 tsp vinegar  
1 tsp wholegrain mustard  
Container

### Equipment

Saucepan  
Knife  
Chopping board  
Non slip mat  
Tablespoon  
Teaspoon  
Colander/sieve

### Method

1. Bring a pan of salted water to the boil and add the pasta.
2. Boil pasta for approx. 5 minutes then add the green beans.
3. After another 5 minutes, drain the pasta and green beans and run under cold water until cold.
4. Drain the tuna and break into flakes or slice and add the cooked meat.
5. Slice the tomatoes and spring onion.
6. Mix the oil, vinegar and mustard together and add some salt and pepper.
7. Mix all ingredients into the dressing.

## VEGETABLE SOUP

### Ingredients

25g butter  
1 large potato  
1 small onion  
300g vegetables of your choice,  
eg: carrot, swede, parsnip, leek,  
butternut squash, sweet potato.  
1 chicken/vegetable stock cube  
Container

### Equipment

Chopping board  
Knife  
Non slip mat  
Saucepan  
Wooden spoon  
Jug  
Peeler

### Method

1. Collect ingredients and equipment.
2. Peel and chop vegetables into 2cm dice.
3. Place the stock cube in a jug and add 500ml boiling water from the kettle.
4. Melt the butter in the saucepan.
5. Add potatoes and onions and stir them until well coated.
6. Sprinkle with salt and pepper.
7. Fry gently for 5 minutes.
8. Add the other chopped vegetables, and add stock (just to cover the vegetables.)
9. Bring to the boil, and then simmer until soft (the potato will squash against the side of the pan).
10. Liquidise or blend using a hand blender or liquidiser.

## BREAD ROLLS

### Ingredients

250g strong flour  
15g margarine  
1 level tsp salt  
1 level tsp sugar  
150g warm water  
1 sachet easy-blend yeast  
Plastic bag  
Container

### Equipment

Mixing bowl  
Jug  
Knife  
Scales  
Teaspoon  
Baking tray  
Baking paper

### Method

1. Preheat oven to Gas 8 or 230°C. Rub margarine into flour.
2. Add sugar, salt and yeast and mix into flour.
3. Carefully add water and mix with a knife to form a dough.
4. Knead dough for 10 minutes and leave to rest for 5 minutes.
5. Shape dough.
6. Leave to prove for 20 minutes (preferably covered by a plastic bag).
7. Glaze with the egg/milk if required.
8. Bake in an oven at Gas 8 or 230°C for approx 10-15 minutes until bread is golden brown and sounds hollow when tapped on the base.

## WHITE SAUCE/PASTA BAKE

### Ingredients

75g pasta  
30g butter  
30g plain flour  
250ml milk  
50g cheese  
Added ingredients such as tuna,  
ham, cooked bacon, spring  
onions, tomatoes, sweetcorn,  
etc.  
Container/baking dish

### Equipment

Saucepan  
Wooden spoon  
Colander/sieve  
Baking dish  
Grater  
Knife  
Chopping board  
Non slip mat

### Method

1. Preheat oven to Gas 5 or 180oC and collect equipment.
2. Bring a pan of water to the boil. When boiling, add the pasta and cook for 8-10 minutes until 'al dente'.
3. Whilst the pasta is cooking, chop all of the meat and vegetables into bite-size pieces and grate the cheese. Set aside.
4. Drain the pasta and cool until cold water. Set aside.
5. Place flour, butter and milk into pan.
6. Turn hob on medium and start to stir mixture.
7. Continue to stir while mixture thickens.
8. When it is bubbling, turn down heat and allow to simmer gently until thickened to the consistency of double cream.
9. Add seasoning, then stir in the cooked pasta and other ingredients.

## BURGERS

### Ingredients

200g mince (beef/lamb/turkey)  
1 small onion  
1tsp chilli powder  
1tsp dried mixed herbs  
Salt/pepper  
Container

### Equipment

Baking tray  
Baking paper  
Mixing bowl  
Knife  
Chopping board  
Non slip mat  
Frying pan

### Method

1. Preheat oven to Gas 5 or 180oC and collect equipment.
2. Peel the onion and chop very finely.
3. Add the onion to the bowl along with the mince.
4. Add the chilli powder, mixed herbs and salt and pepper and mix together using your hands.
5. Divide and shape the mixture into 6 burger patties.
6. Place burgers on a lined baking tray and bake for 15-20 minutes until crisp.

## VEGETARIAN BURGERS

### Ingredients

100g breadcrumbs  
1 small onion  
1 x 400g can red kidney beans  
1tsp chilli powder  
1tsp dried mixed herbs  
50g sweetcorn  
½ red pepper  
1 small carrot  
Container

### Equipment

Baking tray  
Baking paper  
Mixing bowl  
Potato masher  
Plate  
Knife  
Chopping board/Non slip mat  
Grater  
Spoon  
Colander/sieve

### Method

1. Preheat oven to Gas 5 or 180oC and collect equipment.
2. Peel the onion and chop very finely. Chop the pepper very finely and peel and grate the carrot.
3. Add the vegetables to the mixing bowl along with the breadcrumbs.
4. Drain the red kidney beans and mash using a potato masher on a plate. Add to the bowl.
5. Add the chilli powder, mixed herbs and sweetcorn and mix together.
6. On a lightly floured chopping board, divide and shape the mixture into 6 burger patties.
7. Place burgers on a lined baking tray and bake for 15-20 minutes until crisp.



## Scones

### Ingredients

#### Scones

200g S.R. flour

50g polyunsaturated margarine

125mls skimmed milk

#### Optional extras (sweet)

50g chopped glace cherries

50g desiccated coconut

1 grated eating apple

#### Sweet

50g sugar

#### Fruit

50g sugar

50g dried fruit

#### Cheese

100g grated cheese



Equipment: a tea towel and a container

Rub 200c Knead 12-15 margarine mixing tablespoon  
baking tray soft flour gas 6 1.5cm fingertips  
breadcrumbs Glaze brown dough golden milk bowl

### Method

1. Prepare yourself and your unit. Oven on 200°c or gas 6.
2. Collect and grease a baking tray.
3. Put the flour into a mixing bowl.
4. Add the margarine and cut into small pieces.
5. Rub the fat into the flour, using the fingertips until the mixture looks like breadcrumbs.
6. Sweet scones – add sugar, mix thoroughly.  
Fruit scone – add sugar and dried fruits, mix thoroughly.  
Cheese scones – add most of the cheese, mix thoroughly.
7. Stir in the milk, 2 table spoons at a time to form a soft but not sticky dough.
8. Knead lightly. Roll out onto a floured surface, to 1.5cm thick.
9. Cut out the scones. Place on a greased baking tray.
10. Glaze the scones and sprinkle grated cheese on the savoury scones.
11. Bake for 12-15 minutes, until golden brown and firm at the edges.
12. Wash and dry up. Clear away.
13. When cooked, place the scones on a cooling tray.