



YEAR 7 FOOD RECIPES

Fruit Smoothie

Grilled Vegetable Kebab

Golden Vegetable Soup

Bread Rolls

Scone

In year 7 practical lessons, we aim introduce the students to be able prepare and cut fruit and vegetables safely, using the bridge and the claw method. They will be creating marinades and develop threading skills. Students will be introduced to the rubbing in method, weighing and measuring skills. Students will also be introduced to using food equipment. Students will be able to demonstrate good food hygiene and cleaning in the food room.

Fruit Smoothies

This recipe aims to develop students understanding safe use of a knife using both bridge and claw. To understand how to measure out ingredients using jugs scales and measuring spoons. The students will learn how to use the stick blender works.

Ingredients:

150ml Milk

85g Natural yoghurt

1 tbsp Honey

Fruit

1 Banana

Either

150g Frozen Forest fruits/ berries

or

150g Fresh Fruit listed below

- Blackberries
- Blueberries
- Raspberries
- Strawberries



Please bring a drinks container to take your fruit smoothie home in.

Method:

1. Prepare the fruit. Remove any skins or seeds and use the **bridge hold** or **claw grip** method to cut your fruit into equal sized pieces. Ensure you have approximately 200g of fruit.
2. Weigh and measure out accurately the liquids that you require.
3. Place the fruits and the liquids into hand-held blender jug and whizz it for 30 – 60 seconds.
4. Then pour your smoothie into a plastic cup.
5. Place in a drinks container to take home.



Vegetable Kebabs

This recipe aims to continue to develop students chopping skills and to understand the use of multiple coloured chopping boards to prevent cross contamination. The students will understand how to marinade and what its purpose is. The students will develop their threading skills.

Ingredients:

- 1 Courgette
- 1 Yellow Pepper
- 8 Cherry Tomatoes
- 8 Button Mushrooms



Kebab sticks will be provided by school

Please bring an airtight container to take your kebabs home

For Marinade

- 2 Teaspoons of soy sauce (**school will provide**)
- 2 Teaspoons of oil (**school will provide**)
- 2 Teaspoons of honey (**school will provide**)

Method:

1. Preheat the grill.
2. On a green chopping board Cut the pepper into quarters and then cut each quarter in half to make 8 pieces. Discard any seeds.
3. On a brown chopping board top and tail the courgette then cut in half. Cut each half into half again to make four pieces of courgette. Then cut each piece in half again to make eight pieces of courgette that are the same size.
4. Place the mushrooms and cherry tomatoes on a plate.
5. Take a kebab stick and carefully thread a tomato on to the stick. Then thread a piece of pepper onto the stick, followed by a mushroom and then a piece of courgette.
6. Repeat the above step until you have all 4 of your vegetable kebabs complete.
7. Place the ingredients for the marinade in a small bowl and mix together with a metal spoon.
8. Brush the vegetable kebabs with the marinade.
9. Place the kebabs under the preheated grill turning them occasionally with tongs until golden brown.

Golden Vegetable Soup

This recipe aims to develop students understanding of safe use of the hob and develop the students hob control. They will continue to practice their cutting skills. The students will learn how to use the stick blender and clean this safely. The students will also be developing skills of knowing when vegetables are cooked.

Ingredients:

- 1 Onion
- 1 Potato
- 1 Carrot
- 25g Butter
- 500ml Water
- 1 Vegetable/Chicken stock cube
- Salt and Pepper (**School will provide**)



Please bring an airtight container to take your soup home.

Method:

1. Peel and wash the vegetables.
2. Chop the carrot, potato and onion using a brown chopping board.
3. Put the butter in a large saucepan then fry the vegetables, stirring for 5 minutes.
4. Add the water, stock cube, salt and pepper and bring to the boil
5. Simmer the soup for about 20 minutes to soften the vegetables.
6. Remove the soup from the heat then use a stick blender to blend until the soup is smooth.

Bread Rolls

This recipe aims to develop students understanding of safe use of the oven and grill. The students will understand how prove and knead bread. They will learn about the raising agent yeast. Also, the students will gain knowledge of using the 'rubbing in' method to combine the fat and flour by using your fingertips.

Ingredients:

250g Strong Plain White or Brown Bread Flour

½ Teaspoon Salt: From School

½ Teaspoon Sugar: From School

50g Butter

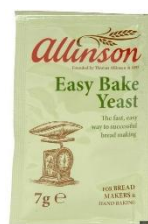
7g (1 Sachet) Fast Acting Easy Blend Dried Yeast

150ml Warm Water

Milk and Egg Wash: From School



Please bring an airtight container to take your bread rolls home in.



Optional Ingredients:

50g Cheese

Sesame Seeds

Poppy Seeds

Dried / Fresh Herbs

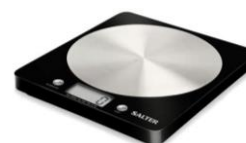
Sundried Tomatoes

Any Other Ingredients of Your Choice



Method:

1. Preheat the oven to 200°C.
2. Weigh and measure all ingredients accurately.
3. Measure out the warm water precisely using a jug on the weighing scales. Add the yeast and sugar to the warm water and stir. Put the mixture to one side.
4. Sieve the flour into a large mixing bowl. Add the salt.
5. Rub the butter into the flour until the mixture resembles breadcrumbs.
6. Add any additional flavourings.
7. Add the fermented yeast mixture to the bowl of flour a little at a time. Mix with a round bladed knife. Gather dough together and turn onto a floured work surface. (Soak the bowl so that it is easier to wash up).
8. Knead the dough with your hands for 10 to 15 minutes to form a soft elastic dough.
9. Divide dough into 4 portions and knead for 30 seconds.
10. Shape the dough and place on a baking tray. Place in the grill compartment of the cooker and leave to prove for 15 to 20 minutes.
11. Glaze rolls with the milk and egg wash. Add any toppings.
12. Bake for 12 to 20 minutes until golden brown. To test the rolls are fully cooked tap the bottom of the rolls and they should sound hollow.
13. Leave to cool.



Scones

This recipe aims to develop students understanding of safe use of the oven. For students to continue to gain understanding of raising agents used within baking. They will continue to develop the skill of the 'rubbing in' method. They will practice their cutting skills using pastry cutters, be introduced to using a rolling pin to roll to set thickness. The students will learn about adapting a recipe and flavour profiles.

Basic Ingredients:

250g Self-Raising Flour

50g Butter

125ml Semi-Skimmed Milk

15 ml Milk for Wash



Please bring an airtight container to take your scones home in.

You have a choice to make Sweet or Savoury scone

Either savoury Additional Ingredients:

75g Cheese e.g. Cheddar, Red Leicester, Double Gloucester, ½ Teaspoon Mustard, Pinch Salt

3 Slices of Cooked Bacon

3 Spring Onions / 1 Small Onion

1 Tablespoon Marmite

Or Sweet Additional Ingredients:

75g Dried Fruit e.g. Sultanas, Raisins, Mixed Peel, Cranberries, Cherries

25g Caster Sugar

Method:

1. Pre-heat the oven to 200°C or Gas Mark 5.
2. Weigh and measure out all the ingredients accurately.
3. Sieve the flour into a large bowl.
4. Cut butter into small pieces and rub into the flour until it resembles breadcrumbs.
5. Prepare and add the additional ingredients of your choice and mix thoroughly.
6. Make a well in the middle of the mixture and carefully pour in the milk a little at a time and use a round bladed knife to stir in.
7. Mix to form a soft dough.
8. Place the dough on a lightly floured work surface. Roll out the dough to about 2cm to 3cm thick
9. Shape the scones using a cutter.
10. Place the scones on a baking tray and brush each top with a little milk wash.
11. Bake for 10 to 15 minutes, until golden brown.
12. Allow to cool on a cooling rack.

