



# Outwood Academy Portland

## Y7 Food and Nutrition- Recipe book



Name \_\_\_\_\_

Tutor Group \_\_\_\_\_

DT Teacher \_\_\_\_\_

### Rules and Procedures for Food Lessons

- Wear a **clean apron** when doing any practical work (these are provided by school)
- Store coats, blazers, bags away. Do not put them on the tables.
- Keep nails short and clean.
- **Tie up** long hair.
- **Wash** hands thoroughly before you commence any practical work.
- Walk and **do not run** in the food room.
- Stop and **listen** when the food teacher gives the signal to do so.
- If you are **unable** to bring ingredients into the lesson you must inform your teacher at least one full day BEFORE you are due to cook.
- **No equipment needed from home unless requested by the teacher.**

### Procedure for the day of your practical lesson

- Leave your ingredients in containers in the fridge.
- Bring your ingredients **correctly weighed out** in a large cake tin or plastic container with your **Name and Technology Group clearly labelled.**
- 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 and provide a suitable alternative that requires the same skill of preparation as the original ingredient.

#### **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.
- Most homework will be of a scientific nature to introduce the students to **Food Science** which is part of the new GCSE curriculum.

Parent signature and date:

Pupil signature and date:

# Cook 1

## Fruit Fusion

### Ingredients

- 1 Clementine, satsuma or mandarin
- 1 kiwi fruit
- 1 banana
- 1 apple
- 30 ml fruit juice of choice

If you are allergic to or do not like any of the fruit specified in the recipe, find a suitable alternative that offers the same preparation skills.

*Bring a suitable container to take the Fruit Fusion home in. A 2 litre ice-cream tub is ideal!*

### Equipment

Container to take home in.

### Method

1. Peel the clementine and separate into segments.
2. Peel the kiwi fruit and slice.
3. Peel the banana and slice carefully.
4. Quarter the apple, remove the core and slice.
5. Place all the fruit in a bowl.
6. Add the fruit juice and mix together.

### Skills

Bridge hold	Claw grip	Stirring	Peeling	Washing-up procedure
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### Homework

1. What happens to a cut apple and banana if left exposed to air?
2. What is the scientific term given to it?
3. Suggest some ways to prevent this?

## Cook 2

### Layered Pasta Salad

#### Ingredients

- 100g pasta shapes
- 100g cooked protein (chicken, prawns, ham, tuna )
- 1 lettuce or mixed salad leaves
- 1 tomato
- ¼ cucumber
- 50 ml low fat salad dressing (of your choice)
- Any extra vegetables you wish to include

Bring a suitable see-through plastic pot to layer your salad in. Old ready meal containers from supermarkets or takeaways are ideal.

#### Equipment

Container to take home in.

#### Method

1. Bring a small saucepan of water to the boil, and then add the pasta. Simmer for about 4-5 minutes.
2. While the pasta is cooking, prepare the other ingredients:
  - **shred** the lettuce
  - **slice** the tomato
  - **chop** the cucumber into small chunks
3. Drain the boiling hot water away from the pasta into a colander in the sink. Cool the pasta by rinsing it under a cold tap for a few moments. Drain well.
4. Place the pasta in the serving dish and stir in the dressing.
5. Assemble the remaining ingredients over the pasta in layers.
6. Lastly, drizzle over the remaining dressing.

#### Skills

Using a hob	Bridge hold /Claw grip	Grating	Draining	Combining
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## Cook 3

### Speedy Pizza

#### Ingredients

Own choice of bread base e.g. a piece of French stick sliced in half, a bagel, a pitta bread or Naan bread

2 tbsp. tomato pizza sauce, or passata or tomato puree

30g hard cheese, e.g. Cheddar, Edam, Gruyere

Optional:

½ tsp mixed herbs, ½ yellow or red pepper 1 spring onion

1 mushroom or other topping of your choice.

#### Equipment

Container to take home in.

#### Method

- Preheat the grill.
- Slice the pepper, spring onion and mushroom or other topping choices. Grate the cheese.
- Place the bread under the grill and toast one side.
- Remove the bread from the grill and place on the chopping board uncooked side-up.
- Spread the tomato sauce over the bread using the back of the spoon sprinkle on mixed herbs
- Arrange the pepper, mushroom and onion over the slices.
- Sprinkle the cheese over the bread.
- Place under the grill until the cheese bubbles.

#### Skills

Grating	Bridge hold	Claw grip	Using the grill	Spreading
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## Cook 4

### Apple Crumble

#### **Ingredients**

1 Tin/ jar of fruit pie filling or 500g stewed fruit  
150g Plain Flour or wholemeal flour  
50g Oats  
100g Margarine / Butter  
100g caster sugar/ Light Soft Brown Sugar/Demerara  
Oven proof dish

An oven proof dish to cook the crumble in and a 'Celebrations' sized container is required to transport crumble home.

#### **Equipment**

Container to take home in.

#### **Method**

1. Preheat the oven to 180°C or gas mark 5.
2. Rub the butter or margarine into the flour until it resembles breadcrumbs.
3. Stir in the brown sugar.
4. Put your tinned fruit into an ovenproof dish.
5. Sprinkle the crumble topping over the tinned pie fruit in the dish.
6. Bake for 25-30 minutes, until the apple is soft and the crumble is golden.

#### **Skills**

Use of oven	Rubbing in	Combining	Coring	Seasonal fruit	Weighing
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#### **Homework**

Oats, dried fruit and Weetabix are all sources of dietary fibre or NSP. What is the main function of fibre and why is it important in a healthy diet?

## Cook 5

### Chicken Nuggets

#### **Ingredients**

100g breadcrumbs

1x5ml spoon mixed herbs

1x15ml spoon parmesan, grated(optional)

2 chicken breasts (uncooked)

2 eggs, beaten

#### **Equipment**

Container to take home in.

#### **Method**

1. Preheat the oven to 200C or gas mark 6.
2. Mix the breadcrumbs, herbs and parmesan together in a small bowl.
3. Beat the egg in a small bowl.
4. Cut the chicken into 'nuggets' (approximately 4cm x 3cm chunks)
5. Dip in the beaten egg.
6. Roll in the breadcrumb mixture
7. Place on the baking tray.
8. Repeat steps 7-10 for all the chicken pieces.
9. Bake in the oven to 20 minutes, until golden brown.

#### **Skills**

Using the oven	Binding	Meat preparation	Food hygiene
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## Cook 6

### Tomato Ragu with meatballs

#### **Ingredients**

- 1 medium onion (any colour)
- 1 clove of garlic
- 400g canned or carton of chopped tomatoes
- Handful of fresh basil *OR* any herb of choice
  
- 250g beef mince

Make sure the container you are going to use to transport your Ragu home is large enough and seals tightly to avoid any spillages.

#### **Equipment**

Container to take home in.

#### **Method**

1. Peel and chop onion.
2. Peel the garlic and crush after your teacher shows you how.
3. Open a carton or tin of tomatoes.
4. Add to the saucepan and wait for the sauce to begin to bubble.  
Turn heat down to low.
5. Shape mincemeat into even sized balls and add to the pan, leave to simmer for 15 minutes, turning occasionally
6. Tear in basil leaves.
7. Season with pepper if desired.

#### **Homework**

Go to the following website and answer the questions below:

<http://chemistry.about.com>

Why do onions make me cry?

Name at least 3 ways to stop you crying.



## Cook 7

### **Seasonal pastries**

#### **Ingredients**

1 packet ready rolled puff pastry

1 jar mincemeat/jam/marmalade

#### **Equipment**

Container to take home in.

#### **Method**

- Turn oven on to Gas 7, Elec 200
- Open ready rolled pastry
- Spread filling thinly over the pastry
- Roll pastry and slice
- Place on baking tray, glaze
- Bake in oven for 15 to 20 mins

## Cook 8

### Shortbread

#### Ingredients

150g plain flour

100g Marg/butter

50g sugar

#### Equipment

Container to take home in.

#### Method

- Heat the oven to 180C, Gas 6 and grease a baking tray.
- Cream the margarine and the sugar together until light.
- Add most of the flour and mix together until it forms a dough.
- Divide the dough into two pieces.
- Roll the dough to a rectangle ½ cm thick and place on baking tray.
- Mark the biscuits into thin strips and decorate with a fork.
- Bake for 15-20 mins until light golden in colour and soft to touch.

## Cook 9

### Chicken wrap

#### Ingredients

1 small uncooked chicken breast

1tbs oil

2 wraps (plain or wholemeal)

½ green/red/yellow pepper

50gm lettuce or salad leaves

1tbs salad dressing/mayo/salsa etc.

#### **Equipment**

Container to take home in.

#### **Method**

- Cut the chicken into strips.
- Add the chicken to the frying pan with the oil and any flavourings.
- Stir-fry until the chicken is cooked. Leave to cool.
- Slice or chop the pepper;
- Shred lettuce;

Spread a little chicken in the centre of the wrap, add some pepper, lettuce, salad, add salad dressing/ mayo/ salsa, then roll up.