

FOOD & NUTRITION

#cookery #year7

Practical	Date	Cooked
Fruit Salad		
Fruit Crumble		
Bread Rolls		
Vegetable Chilli		
Fairy Cakes		
Leek and Potato Soup		
Rainbow Pasta Salad		
Scones		
Muffins		
Seasonal Cookery		

RECIPE BOOK

NAME:

TEACHER:

GROUP:

Welcome to Food...!



Design & Technology – Catering

Bodmin College

Lostwithiel Road

Bodmin

PL31 1DD

Dear Parent/Carers.

Over the next term your child will be cooking a range of dishes as they study the Food unit. We ask that parents/carers provide the ingredients for your child to cook with. All students will be issued with a recipe book and a reminder in their homework planners.

Important points:

If there are measurements listed, it is highly advisable for your child to weigh out ingredients at home into plastic sandwich bags, rather than carrying a 1kg bag of flour, sugar etc to school. It saves time in lessons too!

Make sure that they bring a container suitable for carrying their food home, clearly labelled with their name and tutor group – this is very important!

Please remind your child to place their ingredients into the fridge in T1 when they arrive at school.

Should there be an issue with providing ingredients please do contact your child's head of year, we will do our very best to help any situation.

Many thanks

Yours Sincerely

Miss H Barrow

Head of Food/Catering

Fruit Salad

Ingredients

1 orange
6 red grapes
6 green grapes
1 kiwi fruit
1 banana
1 apple
250ml/1/2 pint orange juice
1 lemon

Equipment

Vegetable knife
chopping board
bowl
measuring spoons
Spoon

Bring from home:

A container/lunch box

Serves 4

Method

1. Cut the north pole and the south pole off, carefully remove the orange peel and then cut into slices in line with the equator. Cut each slice into 4/6 depending on the size and add to your container.
2. Next cut the grapes in half and remove any seeds.
3. Cut the north pole and the south pole off, carefully remove the kiwi skin. Then cut from the north pole to the south pole placing the flat sides down cut into half moons and add to your container.
4. Cut the lemon in half (equator) and then use a juice extractor to remove the juice. Place the juice in a bowl.
4. Peel the banana, slice evenly and place in a bowl with lemon juice.
5. Quarter the apple, remove the core and slice. Add this to the banana and lemon juice mix, coating both fruits carefully.
6. Place all the fruit into the containers and mix gently.
7. Add the orange juice and mix together.

Skills	Nutrition Value	Chemical Reaction	Cooking Methods
peeling chopping slicing	vitamin C (absorption of iron and healthy tissues)	enzymic browning	N/A

Fruit Crumble

Ingredients

150g plain flour
75g butter or margarine
75g sugar
450g fruit

Possible fruit choice:

Apples, pears, berries, peaches, cranberries,
Cherries etc

Optional ingredients:

Oats, dried fruit, spices

Serves 4

Equipment

Vegetable knife
chopping board
vegetable peeler
measuring spoons
wooden spoon
saucepan

mixing bowl

weighing scales

Sieve

Bring from home:

An oven proof dish

Method

1. pre-heat oven to 180°c.
2. Rub the butter/margarine into your flour ('rubbing-in' method.) Until it resembles breadcrumbs.
3. Add the sugar and stir.
4. Add pre-cooked fruit to oven proof dish.
5. Pour the crumble mix over the fruit.
6. Place in the oven using oven gloves.
7. Cook for about 10-15 minutes, until golden brown.
8. Enjoy.

Skills	Nutrition Value	Chemical Reaction	Cooking Methods
peeling chopping slicing rub- bing in	vitamin C (absorption of iron and healthy tissues) fat and carbohydrates. (energy)	Coagulation	baking

Bread Rolls

Ingredients

225g Strong Plain Flour
1 pack Dried Yeast
Pinch of salt
1 tbsp Oil
150ml Warm Water

Serves 6

Equipment

measuring spoons
knife
mixing bowl
weighing scales
baking tray
Sieve

Bring from home:

A plastic container/lunch box

Method

1. Pre-heat oven to 180°c.
2. in a bowl measure the flour, salt and yeast. In a measuring jug add 150ml of warm water.
3. Make a well in the flour and add the warm water. Then add the oil.
4. Mix together using a knife , until a dough is formed.
5. Flour the worktop and scoop out the dough. Divide the dough into 6 balls.
6. Create the specified shapes....cottage loaf, plain roll, twist, knot, plait and 'S' shape.
7. Place shape on the greased baking tray. Leave to rise.
8. Using oven glove put the rolls into the oven and cook for about 10-15 minutes, until golden brown. Remove from the oven with oven gloves and pace rolls on a wire rack to cool.
9. When cool put the rolls into a container.
10. Enjoy!

Skills	Nutrition Value	Chemical Reaction	Cooking Methods
kneading shaping proving glazing	Carbohydrates (energy)	aeration fermentation denaturalisation gluten strengthening	baking

Vegetable Chilli

Ingredients

- 1 red pepper
- 1 onion
- 1 clove garlic
- 1 x 400g can of red kidney beans
- 1 x 400g can of chopped tomatoes
- 1 x 150 g can sweetcorn
- 1 – 2 tsps chilli powder
- 1 x 15ml spoon oil

Equipment

- measuring spoons
- knife
- mixing bowl
- saucepan
- wooden spoon
- chopping board

Bring from home:

A plastic container/lunch box

Serves 4

Method

1. Peel and slice the onion, peel and crush the garlic.
2. Wash, de seed and slice the pepper.
3. Open all cans, drain the liquid from the beans and from the sweet corn.
4. Place the oil in a pan and fry the onion, garlic and pepper for 5 minutes.
5. Add the tomatoes, beans, chilli powder and sweet corn.
6. Bring to the boil and then simmer for 20-25 minutes.
7. Enjoy!

Skills	Nutrition Value	Chemical Reaction	Cooking Methods
peeling chopping slicing	vitamin C (absorption of iron and healthy tissues) fibre (aids the digestive system)	reduction	boiling simmering

Fairy Cakes

Ingredients

100g Self Raising Flour
100g Margarine or Butter
1 tsp Baking Powder
100g Sugar
2 Egg

Optional ingredients:

Chocolate chips, dried fruit, spices, banana, lemon, cranberries, seeds, berries, oats, fudge etc.

Equipment

measuring spoons
sieve
mixing bowl
weighing scales
bun tin
wooden spoon

Bring from home:

12 bun cases & a plastic container.

Serves 12

Method

1. Place bun cases in tins and pre heat oven to 190c.
2. In a large bowl place the flour, baking powder, margarine, eggs and sugar.
3. Beat thoroughly.
4. Fill the cases $\frac{3}{4}$ full and bake for 15-20 minutes.
5. Place on cooling rack.



Skills	Nutrition Value	Chemical Reaction	Cooking Methods
'all in one'	carbohydrates (energy) Fat (energy) protein (growth and repair)	aeration coagulation caramelisation	baking

6. Wash, tidy and put all equipment away.

Leek and Potato Soup

Ingredients

1 small potato (about 150g)
2 leeks (about 300g)
1 small onion
1 vegetable stock cube
500ml water
1 x 15ml spoon vegetable oil
ground black pepper (optional and available in school)

Serves 4

Equipment

Vegetable knife
chopping board
bowl
measuring spoons
wooden spoon
Saucepan

Bring from home:

A container or flask

Method

1. Wash, peel and chop the potato into small pieces about 2cm thick.
2. Top and tail the leeks and slice into 1cm pieces. Wash the pieces of leek in a colander.
3. Peel and finely dice the onion.
4. Add the oil in the saucepan on a low heat and add the onion. Cook for about 5 minutes until it starts to soften. Add the leeks and cook for 5 more minutes, stirring gently. Add the stock cube, water and potatoes and bring to the boil. Reduce the heat to a simmer.
5. Cook for about 15 minutes until potatoes are soft.
6. **Optional:** Blend the soup in batches to the texture you like – chunky or smooth. Taste and add black pepper (if using).

Skills	Nutrition Value	Chemical Reaction	Cooking Methods
peeling chopping slicing	vitamin C (absorption of iron and healthy tissues) carbohydrates (energy)	reduction	boiling simmering

Rainbow Pasta Salad

Ingredients

150g pasta
1 small red onion
1 stick of celery
2 tomatoes
5 radishes
1/2 cucumber
1/2 red pepper
1 small can of sweetcorn

Dressing can be purchased in school at a cost of 25p

Serves 2

Equipment

Vegetable knife
chopping board
bowl
wooden spoon
Saucepan
Colander

Bring from home:

A container and
25p for the dressing.

Method

1. Place water in a saucepan and bring to the boil.
2. Place the pasta shapes in the saucepan.
3. Cook the pasta for about 10 minutes.
4. While the pasta is cooking, chop and prepare all your vegetable.
5. Drain the pasta
6. Rinse the pasta under cold water to cool it down.
7. Put the cooled pasta and chopped vegetables to a large bowl and pour the dressing on top. Toss until everything is evenly coated with the dressing.

Skills	Nutrition Value	Chemical Reaction	Cooking Methods
peeling chopping slicing straining coating	vitamin C (absorption of iron and healthy tissues) carbohydrates (energy)	emulsification	boiling simmering

Cheese Scones

Ingredients

225g self raising flour
Pinch salt
1 tsp baking powder
55g **block** butter/margarine
100g grated cheddar cheese
80-90 ml milk, plus extra for glazing
Extra cheese for topping the scones
Extra flour for dusting

Serves 6

Equipment

cutter
palette knife
bowl
measuring jug

Bring from home:

A container.

Method

1. Preheat oven to 200.C
2. In a medium-large bowl put the flour, salt and baking powder.
3. Cut the butter/margarine into cubes, place in the bowl and then mix with your fingertips to make breadcrumbs.
4. Sprinkle the grated cheese into the breadcrumb mixture and mix until the cheese is evenly distributed.
5. Make a well in the centre of the mixture and pour in enough milk to give a fairly soft but firm dough. Do not pour in all the milk at once as you may not need it all to get the right consistency.
6. Lightly flour a surface and roll out the dough to approximately 2cm thick.
7. Cut out the scones with a medium cutter and then place on the oven tray.
8. Glaze the tops with the extra milk and sprinkle a little cheese on the top of each scone before putting in the oven.
9. Bake in the oven for 10-15 minutes.

Skills	Nutrition Value	Chemical Reaction	Cooking Methods
rubbing-in shaping cutting	carbohydrates (energy) Fat (energy) protein (growth and repair)	aeration	baking

Sweet Scones

Ingredients

225g self raising flour
Pinch salt
1 tsp baking powder
55g **block** butter/margarine
25g caster sugar
80-90 ml milk, plus extra for glazing
Extra flour for dusting

Equipment

cutter
palette knife
bowl
measuring jug

Bring from home:

A container.

Method

1. Preheat oven to 200.C
2. In a medium-large bowl put the flour, salt and baking powder.
3. Cut the butter/margarine into cubes, place in the bowl and then mix with your fingertips to make breadcrumbs.
4. Sprinkle the sugar into the breadcrumb mixture and mix.
5. Make a well in the centre of the mixture and pour in enough milk to give a fairly soft but firm dough. Do not pour in all the milk at once as you may not need it all to get the right consistency.
6. Lightly flour a surface and roll out the dough to approximately 2cm thick.
7. Cut out the scones with a medium cutter and then place on the oven tray.
8. Glaze the tops with the extra milk before putting in the oven.
9. Bake in the oven for 10-15 minutes or until golden brown and cooked through.

Skills	Nutrition Value	Chemical Reaction	Cooking Methods
rubbing-in shaping cutting	carbohydrates (energy) Fat (energy)	aeration	baking

Muffins

Ingredients

225g Self Raising Flour
1 tsp Baking Powder
150g Sugar
1 Egg
8 fl oz /240ml Milk
3 fl oz /90ml Vegetable Oil
12 large paper cases (for muffins)

Serves 12

Equipment

bun tin
palette knife
bowl
measuring jug
spoon
scales

Bring from home:

A container/lunchbox and

Method

1. Place muffin cases in tins and pre heat oven to 190c.
2. In a large bowl put the flour, baking powder and sugar.
3. In a jug beat the egg with a fork, stir in milk and oil.
4. Pour all of the liquid ingredients into the dry ingredients and mix. The batter will be lumpy – DO NOT OVER STIR.
5. Fill the cases $\frac{3}{4}$ full and bake for 20-25 minutes.

Optional ingredients:

100g of....Dried fruit, chocolate, fudge, banana, apricots, raspberries, apples, spices, blueberries.

Skills	Nutrition Value	Chemical	Cooking Methods
mixing	carbohydrates (energy) Fat (energy)	aeration emulsification	baking

