



THE WENSLEYDALE SCHOOL
& SIXTH FORM
LEYBURN



Food Technology Year 7 Recipe Booklet

Name _____



What is the aim of this Booklet?

The Booklet will help you to keep a note of the knowledge and skills you gain during the unit and will help you to gather evidence for assessment

You will be able to use this booklet to buy your ingredients and the recipe when you are cooking your dishes in class. A blank page has been added to the booklet after each recipe for you to carry out an evaluation of the dish that you cooked.

Mr Squires will encourage you to make additions to this record at the end of each practical session. This will enable you to keep an ongoing record of the progress you are making in your cooking skills, what went well in the session, what you would do differently next time.

You must bring this booklet and Ingredients to all lessons.

This will also be useful resource for you to refer to when you are cooking at home for yourself, family and friends

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Lesson 1 - Hygiene and Safety for Cooking

L/O Introduction to the school kitchen and basic health & Safety

1) Before you start your practical sessions, record the ways you will ensure **personal hygiene** when cooking.

Handwashing rules for preparing food and cooking

Hands must be washed before

- _____

Hands must be washed after

- _____
- _____
- _____
- _____

How to wash hands

- _____
- _____
- _____

Give two reasons why it is important to follow handwashing rules when preparing and cooking food

1. _____
2. _____

Clothing and personal presentation

- Hair should be _____
- Nails should be _____
- Cuts must be _____

2) You will need to know rules for **kitchen safety and hygiene** to make sure you are able to prevent accidents and prevent harm to yourself and others.

What safety rules must be followed when using the cooker?

- _____
- _____

What safety rules must be followed when using electrical appliances?

- _____

- _____

How can slips and falls be avoided in the kitchen?

- _____

How can fires be avoided in the kitchen?

- _____
- _____

Why is it important to store prepare and cook food safely?

How should raw and cooked food be stored?

What hygiene rules must be followed when preparing meat and fish?

Lesson 2 – Dippy Divers

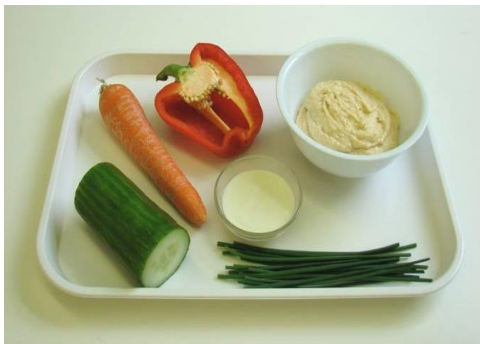
L/O Knife skills (Bridge hold/Claw grip), Basic equipment, Fruit and vegetable preparation, e.g. peeling

Ingredients

1 carrot
½ red or yellow pepper
¼ cucumber
4 x 15ml spoons hummus
1 x 15 ml spoon plain yogurt
Handful of fresh chives

Equipment

Knife, chopping board, vegetable peeler, measuring spoons, small bowl, kitchen scissors, spatula.



Method

1. Top and tail the carrot, then peel.



2. Slice the carrot into sticks.



2. Remove the seeds from the pepper, and slice into strips.

4. Cut the cucumber into thick slices.



5. Place the hummus and yogurt together in the small bowl.



6. Snip the chives into the bowl.



7. Stir everything together.



8. Serve the dip, surrounded by the vegetables.



Lesson 3 - Pizza Toast

L/O Knife skills, Grater, Wider ingredient preparation, Using the grill

Ingredients

½ yellow pepper
1 spring onion
1 mushroom
30g hard cheese, e.g. Cheddar, Edam, Gruyere
2 slices bread (or a bagel or a piece of French stick sliced in half) 2 x 15ml spoons tomato pizza sauce ½ x 5ml spoon mixed herbs

Equipment

Chopping board, knife, grater, fish slice, measuring spoons, spoon.



Method

1. Preheat the grill.



2. Slice the pepper, spring onion and mushroom.



3. Grate the cheese.



4. Place the bread under the grill and toast one side.



5. Remove the bread from the grill and place on the chopping board uncooked side-up.



6. Spread the tomato sauce over the bread using the back of the spoon.



7. Arrange the pepper, mushroom and onion over the slices.



9. Place under the grill until the cheese bubbles.



Lesson 4 - Flapjacks

L/O Weighing and measuring (flour, sugar, syrup), Using the hob (leading to the melting method), Combining and mixing, Using the oven (baking)

Fruit flapjacks

Ingredients

75g dried apricots
150g oats
50g sugar
50g butter or margarine
2 x 15ml spoons golden syrup

Equipment

Chopping board, knife, weighing scales, measuring spoons, saucepan, wooden spoon, spatula, non-stick baking tin, palette knife.



Method

1. Preheat the oven to 180°C or gas mark 4.

2. Chop the apricots into small pieces.



3. Place the butter or margarine, sugar and syrup into a saucepan and gently heat until the butter or margarine has melted.



4. Stir in the oats and apricots.



5. Pour the mixture into a non-stick (or lined) baking tray.



6. Pat down the mixture in the baking tin.



7. Bake for 15 - 20 minutes, until lightly browned.



8. Remove from the oven and cut into 'bars' in the baking tin while hot.



Lesson 5 - Minestrone Soup

L/O Weighing and measuring (vegetables / liquid), Knife skills (slicing, dicing), Vegetable preparation, e.g. potato, leek, Using the hob (boiling, simmering).

Ingredients

1 clove of garlic
¼ cabbage
1 onion
1 rasher of bacon
1 carrot
1 stick of celery
1 potato
1 stock cube
800ml boiling water
1 x 5ml mixed herbs
Black pepper
25g small pasta shapes or broken spaghetti

Equipment

Garlic press, 2 chopping boards, 2 knives, measuring spoons, saucepan, peeler, wooden spoon, measuring jug.



Method

1. Prepare the vegetables and bacon:
 - peel and crush the garlic and shred the cabbage;

- peel and chop the onion;
- chop the bacon, with a clean knife on a clean chopping board.



2. Fry the onion, garlic and bacon in the oil for 2 minutes.



3. Stir in the potato, celery and carrot.



4. Add the stock.



5. Stir in the finely shredded cabbage and sliced tomato.



6. Add the mixed herbs and black pepper, bring to the boil and then simmer for 10 minutes.



7. Add the pasta and allow to simmer for a further 10 minutes.



8. Serve.

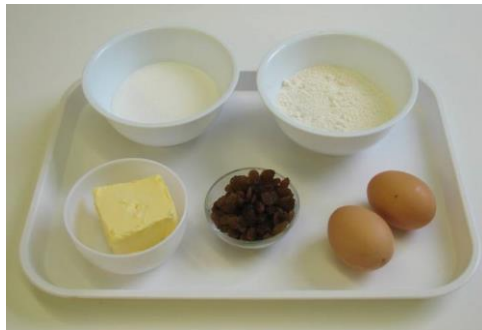


Lesson 6 – Min Fruit Cakes

L/O Weighing and measuring, Combining (all-in-one method), Preparation of fillings, e.g. grating, slicing, crushing, Dividing evenly between cases, Using the oven (baking)

Ingredients

- 100g self raising flour
- 100g caster sugar
- 100g soft margarine
- 2 eggs
- 50g dried fruit, e.g. sultanas



Equipment

- 12 cake cases, cake tin, weighing scales, sieve, mixing bowl, wooden spoon, 2 spoons, cooling rack.



Method

1. Preheat the oven to 200°C or gas mark 6.



2. Place the cake cases in the cake tin.



3. Sieve the flour into the mixing bowl and then add all the other ingredients.



4. Mix everything together until light and fluffy.



5. Stir in the dried fruit.



6. Divide the mixture equally between the cake cases using 2 spoons.



7. Bake for 15 – 20 minutes, until golden.



8. Allow to cool on a cooling rack.



Lesson 7 – Apple and Sultana Crumble

L/O Weighing and measuring, Rubbing-in, Preparation of fillings, e.g. peeling, slicing, Layering ingredients, Using the oven (baking)

Apple and sultana crumble

Ingredients

100g plain flour
50g butter or margarine
50g oats
25g sugar
2 eating apples
50g sultanas

Equipment

Weighing scales, mixing bowl, wooden spoon, chopping board, knife, ovenproof dish or foil tray, baking tray.



Method

1. Preheat the oven to 190°C or gas mark 5.



2. Rub in the butter or margarine into the flour until it resembles breadcrumbs.



3. Stir in the oats and sugar.



4. Cut the apples into quarters and remove the core. Slice thinly.



5. Arrange the apple slices in an oven proof/foil tray dish on a baking tray, and then add the sultanas.



6. Sprinkle the crumble topping over the apple slices.



7. Bake for 25 – 30 minutes, until the apples are soft and the crumble is golden.



Lesson 8 – Tomato and Basil Tart

L/O Weighing and measuring, Preparation of fillings, e.g. cutting, grating, Rubbing-in, Forming a dough, Shaping and cutting, Using the oven (baking)

Ingredients

100g plain flour
50g butter or margarine
2-3 x 15ml spoons cold water
2 tomatoes
50g cheese, e.g. Mozzarella, Gruyere or Cheddar
Handful of basil leaves
2 eggs
125ml semi-skimmed milk
Black pepper

Equipment

Weighing scales, sieve, mixing bowl, measuring spoons, palette knife, flour dredger, rolling pin, sandwich tin or 18cm flan ring, fork, chopping board, knife, grater, measuring jug, baking tray.

Method

1. Preheat the oven to 180°C or gas mark 4.



2. Make up the shortcrust pastry:

- sift the flour into the bowl;



- rub the butter or margarine into the flour, using your fingertips, until it resembles breadcrumbs;



- add the cold water and start to mix together;



- mix to form a firm, smooth dough.



3. Roll out the pastry, on a lightly floured surface.



4. Line the flan ring or sandwich tin.



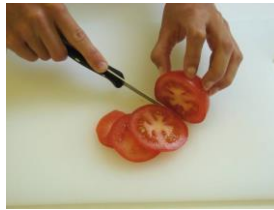
5. Trim the edges of the pastry using the palette knife.



6. Prick the bottom of the pastry with a fork.



7. Slice the tomatoes.



8. Slice the cheese.



9. Whisk the eggs and milk together in the measuring jug using the fork. Tear the basil into the mixture, then add a few twists of black pepper.



10. Pour the egg mixture into the pastry shell



11. Arrange the tomato slices and cheese, over the top.



12. Place on a baking tray and bake for 30 minutes, until golden and firm.



Lesson 9 – Tuna and Broccoli Pasta

L/O Weighing and measuring, Use of the hob (boiling, simmering), Preparation of other ingredients, e.g. grating, Making a roux sauce, Cooking pasta (and draining), Combining sauce and pasta, Gratiné (use of grill or oven)

Tuna and Broccoli Pasta

Ingredients

100g rigatoni
40g cheese
100g broccoli
100g canned tuna (in water) drained
25g soft margarine
25g plain flour
250ml semi-skimmed milk
1 x 5ml spoon dried oregano
50g sweetcorn (canned or frozen)
Black pepper



Equipment

Two saucepans, weighing scales, grater, chopping board, knife, measuring jug, whisk, measuring spoons, colander, wooden spoon, ovenproof dish or foil tray.



Method

1. Bring a saucepan of water to the boil, and then add the pasta. Simmer for about 10 – 12 minutes, until *al dente*.



2. Grate the cheese and cut the broccoli into small pieces.



3. While the pasta is cooking, make the sauce:

- place the butter or margarine, flour and milk into a small saucepan;



- bring the sauce to a simmer, whisking all the time until it has thickened;



- reduce the heat, stir in the oregano, and allow to simmer for 2 minutes;



4. During the last 2 minutes of the pasta boiling, add the sweetcorn and broccoli to the saucepan.



5. Preheat the grill.



6. Drain the boiling hot water away from the pasta and vegetables into a colander in the sink.



7. Pour the drained pasta and vegetables into the sauce.



8. Stir in the canned tuna.



10. Sprinkle the cheese over the top, and add a few twists of black pepper.



11. Place under a hot grill until the cheese is bubbling and golden brown.



Lesson 10 – Spicy Bean Burger

L/O Weighing and measuring, prepare a range of ingredients for fillings, e.g. peeling; handle ingredients safely, e.g. meat and fish preparation; combine ingredients uniformly to the correct consistency; use a food processor to prepare ingredients; shape and form ingredients; use the oven or grill safely;

Ingredients

- 1 slice of bread
- 1/2 onion
- 1 medium green chilli
- 1 x 400g can red kidney beans
- 1 x 5ml spoon ground chilli powder
- 1 x 5ml spoon dried mixed herbs

Equipment

Food processor, mixing bowl, chopping board, knife, can opener, measuring spoons, spatula, flour dredger, fish slice.



Method

1. Preheat the grill.
2. Put the bread in the food processor and blitz until it resembles breadcrumbs. Pour these crumbs into the mixing bowl.



3. Cut away the top of the chilli, and then de-seed.
4. Peel the onion.



5. Drain the red kidney beans.

6. Place the red kidney beans, onion, chilli, chilli powder and dried herbs into the food processor. Blitz together to form a thick paste-like mixture.



7. Place the bean mixture into the mixing bowl with the breadcrumbs. Mix everything together thoroughly using the spatula.

8. On a lightly floured chopping board, divide and shape the bean mixture into 8 small patties.



9. Grill the patties for 8 minutes, turning over after 4 minutes.

10. Serve in a pitta with salad.



Lesson 11 – Macaroni Cheese

L/O Weighing and measuring, Use of the hob (boiling, simmering), Preparation of other ingredients, e.g. grating, Making a roux sauce, Cooking pasta (and draining), Combining sauce and pasta, Gratiné (use of grill or oven)

Ingredients

100g macaroni
100g Cheddar cheese
1 tomato
25g soft margarine
25g plain flour
250ml semi-skimmed milk
Black pepper

Equipment

Two saucepans, weighing scales, grater, chopping board, knife, colander, measuring jug, wooden spoon, whisk, ovenproof dish (or foil tray).



Method

1. Bring a saucepan of water to the boil, and then add the macaroni. Cook for about 10 – 12 minutes, until *al dente*.



2. Grate the cheese and slice the tomato.



3. While the pasta is cooking, make the sauce:

- place the butter or margarine, flour and milk into a small saucepan;



- bring the sauce to a simmer, whisking all the time until it has thickened;



- stir in 75g of the grated cheese.



4. Preheat the grill.



5. Drain the boiling hot water away from the macaroni into a colander in the sink.



6. Stir the drained macaroni into the cheese sauce and add a few twists of black pepper.



7. Pour the macaroni into an oven-proof dish (or foil tray).



8. Arrange the tomato slices over the macaroni.



10. Place under a hot grill until the cheese is bubbling and golden brown.



Lesson 12 - Vegetable Chowder

L/O Weighing and measuring (vegetables / liquid), Knife skills (slicing, dicing), Vegetable preparation, e.g. potato, leek, Using the hob (boiling, simmering), Blending

Ingredients

1 onion
1 carrot
1 leek
1 potato
1 celery stick
1x 10ml spoon oil
600ml stock (water and stock cube)
1 x 15ml spoon coriander, chopped

Equipment

Chopping board, knife, vegetable peeler, measuring spoons, saucepan, measuring jug.



Method

1. Peel and chop the onion.



2. Top and tail the carrot, then peel and dice.



3. Top and tail the leek, then slice.



4. Peel and cube the potato.



5. Slice the celery.



6. Heat the oil in a saucepan and fry all the vegetables, except the potatoes, for 5 minutes.



7. Add the stock to the saucepan and bring to the boil.



8. Add the potatoes and simmer for 20 minutes.



9. Stir in the chopped coriander and serve.



Skills

A wide range of skills are used in cooking. You will be developing these skills by following recipes in this award.

The skills that you will be practising include:

<p>Food Preparation eg: Hygienic food preparation Safe food storage Weighing Measuring Following a recipe Knife safety Knife skills - chopping, slicing, cutting, spreading Peeling/coring fruit Preparing vegetables Preparing salad leaves Making a salad dressing Using a pestle and mortar Using a grater Separating eggs Whisking Marinating Liquidising/blending Skewering Shaping (to make burgers, bread) Rubbing in (to make crumble topping) Rolling wraps Mixing Beating mixtures for baking Mashing Kneading and proving dough</p>	<p>Cooking eg: Boiling Simmering Steaming Stirring Toasting Frying Grilling Poaching Using a griddle Roasting Baking Scrambling Knowing when food is cooked Timings to prepare a two-course meal</p> <p>Presentation eg: Attractive food presentation</p>
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Keeping a cooking skills record

It is important to complete a record of what you have cooked, the skills you have used and your success. This will help you to see how you are developing your skills and what you need to remember next time you use the recipe.

Use the Cooking Skills Record on the following page.

You will need a new Cooking Skills Record sheet for each recipe.

Your tutor/ teacher will encourage you to complete the record at the end of every practical session.

You should also make a note on the Cooking Skills Records when you have shared the recipes with someone, or practised cooking at home. This will help you with your assessment.

Skills Record

Recipe _____

Date _____

Skills I used in preparation and cooking

My rating:

tasted good
looked good



quite good



edible



not so good



Skills I need to practise

Notes to remind when using this recipe:

Choosing ingredients _____

Possible alternative ingredients/vegetarian options _____

Hygiene and safety tips _____

Time taken to prepare and cook recipe _____

Cooking tips (what I need to remember next time) _____

Serving suggestions (what could I serve with this?) _____

Are there ways to economise? _____

How this contributes to the “eatwell plate”/ nutritional information _____

Planning for the meal

critierion:

5) Show how the meal contributes to a balanced diet.

a) Include the ingredients for your recipes in the “eatwell” plate below

b) Why is the meal you have planned nutritious?

