

# Mark Rutherford School



<b>Name of dish</b>	<b>Practical date</b>
Fruit salad	
Pizza toast	
Tortilla wraps	
Frittatas	
Gingerbread biscuits- Easter cooking	
Apple Swan	

## YEAR 7 RECIPE

### Module 1

# Abbreviations

approx. = approximate

tsp or t = teaspoon

tbsp or T = tablespoon

pt = pint

wt = weight

oz = ounce

lb = pound

g or gms = gram

kg = kilogram

vol = volume

ml = millilitres

L = litre

fl oz = fluid ounce

No. or # = number (e.g., #3)

in. or " = inches

°F = degree Fahrenheit

°C = degree Celsius or centigrade

Degrees Fahrenheit	Degrees Celsius	Gas Mark	Description
225	110	1/4	Very slow
250	120/130	1/2	Very slow
275	140	1	Slow
300	150	2	Slow
325	160/170	3	Moderate
350	180	4	Moderate
375	190	5	Moderately hot
400	200	6	Moderately hot
425	220	7	Hot
450	230	8	Hot
475	240	9	Very hot

## To get ready for cooking lessons:

- Please bring in the ingredients that you will need. It will be easier if they have already been weighed out.
- Also, some recipes will need an ovenproof dish, as well as a container to take the food home in.
- It will help to have the recipe booklet to look at whilst cooking.

## Expectations in Food Technology rooms:

- When you arrive in the food technology room, please use the cubbyhole shelves for any schoolbag, coats, PE kits and jumpers. (Jumpers need to be taken off in cooking lessons.)
- Stools should not be taken out for cooking lessons; they need to be stacked out of the way.

## Before starting to cook:

- Please put an apron on, tie long hair back and wash your hands.
- Collect ingredients from the fridge.
- Clean your work area, use antibacterial spray.

## **Please bring your own container to take your food home in!**

### **Information**

- I will always cook on a \_\_\_\_\_, unless I am told otherwise.
- Please bring a **large** container with a lid, so you can take your food home.
- The recipes can be slightly adapted to suit your tastes, e.g. if you don't like peppers you can swap them for something you do like.
- Recipes can also be halved in quantity to reduce the cost if needed.
- Any food not picked up within 24 hours will unfortunately have to be disposed of due to health and safety reasons.
- Containers will be kept in the store cupboard to be collected by pupils if their food is left.
- Please do not send your child in with any products containing nuts, we are a nut free school.

# Fabulous fruit salad

**Please bring your own container to take your food home in!**

## Ingredients

2 satsumas

4 strawberries

8 seedless red grapes, halved lengthways

8 seedless white grapes, halved lengthways

1 banana

2 x 15ml spoons orange juice or other juice

Or choose 4 of your own fruits from above or below or a combination.

1 apple. 1 orange. 1 plum. 1 nectarine. 1 peach. 2 plums. 1 pear. 2 kiwi



## Equipment

Green Chopping board, vegetable knife, large bowl, a table spoon, metal plate your large container with a secure lid

## Method

1. Peel the satsumas and separate into segments.
2. Pull the stalks from the strawberries and cut into slices.
3. Peel the bananas and cut into slices.
4. Place all the fruit in the bowl and add orange juice.
5. Mix all the ingredients together.

## Top tips

- Try using different types of fruit such as peeled and sliced kiwi fruit, chunks of fresh mango or canned pineapple.
- Instead of orange juice try another juice, such as apple.
- You could serve your fruit salad in a hollowed out fruit such as melon to make it look attractive.

## Food skills

- Measure.
- Peel.
- Slice.
- Combine and mix.

# Pizza Toast

**Please bring your own container to take your food home in!**

## Ingredients

2 Slices bread/ ½ baguette/2 crumpets or other suitable bread base

2 Tbsp. tomato puree

50g Cheese

You should also bring any toppings your like on pizza, e.g. 4 slices pepperoni, ½ onion, 2 mushrooms, 2tbsp sweetcorn, ½ tsp mixed herbs, ½ pepper, cooked chicken, ham. (2 slices of cooked meat)



Keep this in the fridge, best eaten ASAP

Please bring a **large** container to take your food home.

## Method

1. Preheat the grill.
2. Slice your toppings into small pieces using the bridge and claw.
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 a chopping board, uncooked side up.
6. Spread the tomato puree over the bread, leaving a small gap around the edge.
7. Arrange the toppings and cheese on the top.
8. Place under the grill until the cheese is melted and bubbling.

**Equipment – Green chopping board. Baking tray. Vegetable knife. Grater. Table knife.**

# Healthy Tortilla Wraps



## Ingredients-

2 tortilla wraps

Dressing (Provided by school)

### Protein filling- **choose 1**

1 slice ham chopped  
1 slice bacon cooked  
25g grated cheese  
25g cooked chicken chopped  
25g tuna  
2 tbsp. mixed beans

### Vegetable fillings- **choose 2-3**

1 carrot grated  
1 tbsp sweetcorn  
Handful lettuce leaves  
1 tomato  
2 spring onions chopped  
¼ red, green, or yellow peppers

## Equipment

Yellow/White/Green chopping board

Grater

Colander for rinsing vegetables

Table knife or palette knife

Metal plate for vegetable peelings

Vegetable knife

## Method

1. Prepare the fillings by washing and chopping the vegetables. Chopping the meat and grating the cheese. Use a yellow chopping board for cooked meat. Green for the vegetables and white for the cheese.
- 2 Spread the tortilla wrap with the dressing, provided by the school.
- 3 Sprinkle the protein and vegetables toppings over the wrap, do not overfill. Fold as demonstrated, carefully.
- 4 Cut the wrap in half and serve.
- 5 Place in the fridge to chill.

# Frittatas



**Please bring a container to take your food home in!**

## Ingredients

2 spring onions or ½ onion  
50g cheese, e.g. Cheddar OR feta cheese  
½ tsp mixed herbs or own choice  
3 eggs  
Small tin of sweetcorn 80g approx (canned or frozen) OR ½ red pepper  
40ml milk  
Seasoning  
6 muffin Cases

## Equipment

**Chopping board, knife, grater, mixing bowl, fork, measuring jug, silicone muffin cases or non-stick muffin tin, oven gloves.**

## Method

1. Pre-heat oven to 200°C or gas mark 6.
2. Prepare the ingredients:
  - top, tail and slice the spring onions;
  - grate the cheese;
3. Crack the eggs into a bowl and whisk with a fork.
4. Add the milk to the bowl and mix well.
5. Stir in the cheese, fresh herbs and black pepper.
6. Spray the muffin cases or muffin tin lightly with oil.
7. Divide the vegetables equally between the 6 cases.
8. Pour over the egg, milk and cheese mixture.
9. Bake in the oven for 15-20 minutes, until the egg is cooked.

## Top tips:

- Use a different type of cheese such as red Leicester, Stilton, or feta.
- Add chopped red, yellow and green peppers, sliced mushrooms, fresh spinach (wilted first) or chopped beetroot.
- Add sliced **cooked** new potatoes.
- Add chopped cooked meat, chicken or fish.

# Please bring your own container to take your food home in!

## Gingerbread biscuits



### Ingredients

- 175g Plain Flour
- ¼ tsp Bicarbonate of Soda
- 3 tsps Ground Ginger
- 60g Unsalted Butter (cold & cubed)
- 80g Light Brown Sugar
- 2 ½ tbsps Golden Syrup
- 1 Egg **(Do not use all the egg)**

### Method

1. Preheat your oven to 190C/180C Fan and line a Baking tray with Parchment paper
2. Add the flour, Bicarbonate of Soda, and Ginger to a large bowl and add the Cold, Cubed Butter to the bowl –
3. Rub together with your fingers until it resembles breadcrumbs!
4. Mix the sugar into the mix and combine, and then add the Golden Syrup **and some of the egg** - beat with a spatula/your hands until it is a smooth dough.
5. Knead the biscuit dough, and then roll the dough out onto a lightly floured work surface.
6. Roll it out to 1/2cm thickness and cut out your desired shapes! Gingerbread men, snowmen or Christmas trees!
7. Place them on the lined baking trays and bake in the oven for 10-11 minutes, cool on a wire rack fully.

### Equipment

Weighing scales, mixing bowl, flour dredger, rolling pin, palette knife, baking tray, knife, fork, oven gloves, cooling rack. Grater

## Apple Swan

Food Art Task – Using fruit/Vegetables

Watch the video and create an apple swan or make your own fruit/leaf salad with a creative finish. Refer to the examples below

<https://www.youtube.com/watch?v=MZ2RGJKWCDY>



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