

Year 7 Cookbook 2022 / 2023

<p>1 Fruit fusion: 1 clementine 6 red grapes 6 green grapes 1 kiwi fruit 1 banana 1 apple 2 x 15ml spoons orange juice <u>Suitable Container to take food home in</u></p>	<p>2 Croque Monsieur 30g Hard Cheese e.g., Cheddar or Edam 1 Tomato 2 Slices Bread preferably whole grain 1 Slice ham Piece of tin foil (for grill) <u>Suitable Container to take food home in</u></p>	<p>3 Vegetable couscous salad 100 g couscous + 175ml water boiling 1 vegetable stock cube 1 medium tomato 1 spring onion ½ cucumber ½ yellow pepper 4 dried apricots 1 small bunch parsley 2 x 15ml spoons low fat dressing <u>Suitable Container to take food home in</u></p>
<p>4 Stir Fry ½ red chilli 1 clove garlic 1cm fresh ginger ½ red onion 1 pak choi ½ yellow pepper 3 mushrooms 1 x 10ml spoon cooking oil 1 x 10ml spoon soy sauce <u>Suitable Container to take food home in</u></p>	<p>5 Ratatouille Ingredients 1 onion 1 clove of garlic 1 small aubergine 1 green pepper 1-2 courgettes Spray oil 2 cans chopped tomatoes 1x5ml spoon mixed herbs 1x15ml spoon tomato puree <u>Suitable Container to take food home in</u></p>	<p>6 Christmas Candy Cane Cookies 85g Butter 55g Caster Sugar 150g Plain flour 2 TSP Milk 1Tsp Vanilla essence <u>Suitable Container to take food home in</u></p>
<p>7 Chicken Goujons 50g fresh fine breadcrumbs Pinch cayenne pepper, optional Salt and pepper, to taste 2 boneless, skinless chicken breasts cut into strips 25g plain flour 1 large egg, beaten 1 tbsp vegetable oil <u>Suitable Container to take food home in</u></p>	<p>8. Oaty fruit cookies Ingredients 140g butter or margarine 100g sugar 100g self-raising flour 125g porridge oats 125g dried fruit <u>Suitable Container to take food home in</u></p>	<p>9.Smoothies Bring fruits and vegetables of your choice (not too many!) 200ml of milk or juice or yoghurt and a large bottle to take it home. <u>Suitable Container to take food home in</u></p>
<p>10 Fruity Flapjacks 100g dried apricots 225g oats 75g sugar 75g butter or margarine 3 x 15ml golden syrup Piece of greaseproof paper <u>Suitable Container to take food home in</u></p>	<p>11 Scone Pizza 150g self-raising flour 25g margarine 50ml semi-skimmed milk 3 x 15ml spoons passata 1 tomato 25 g sweetcorn ½ green pepper 50g cheese, e.g., Mozzarella 2 mushrooms 1 x 5ml spoon dried herbs <u>Suitable Container to take food home in</u></p>	<p>12 Layered Pasta Salad 100g pasta 1 carrot 100g cooked sliced chicken 1 baby gem lettuce 1 tomato ¼ cucumber <u>Suitable Container to take food home in</u></p>

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Practical 1: Fruit fusion

Ingredients

1 clementine
6 red grapes
6 green grapes
1 kiwi fruit
1 banana
1 apple
2 x15ml spoons orange juice

Equipment

Vegetable knife, chopping board, bowl, measuring spoons, spoon.

Method

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

Practical 2 :Croque-monsieur

Ingredients

30g hard cheese, e.g., Cheddar, Edam, Gruyere
1 tomato
2 slices bread, preferably wholegrain
1 slice ham

Equipment

Chopping board, grater, knife, fish slice.

Method

1. Preheat the grill.
2. Grate the cheese on a chopping board – divide into 3.
3. Slice the tomato.
4. Place the slices of bread on the chopping board.
5. Lay the ham over one slice of bread.
6. Arrange the tomato over the other slice of bread.
7. Sprinkle a portion of cheese over both slices of bread.
8. Place the 'sandwich' under the hot grill.
9. When the 'cheese is bubbling hot, remove from the grill.
10. Press the 2 slices of bread together and sprinkle the remaining cheese on top.
11. Place under the grill until the cheese is melted and golden.

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Practical 3: Vegetable couscous salad

Ingredients

175ml water, boiling
1 vegetable stock cube
100g couscous
1 medium tomato
1 spring onion
¼ cucumber
½ yellow pepper
4 dried apricots
1 x 15ml spoon parsley
2 x 15ml spoons low fat dressing

Equipment

Kettle, measuring jug, measuring spoons, weighing scales, large bowl, fork, chopping board, sharp knife, can opener, scissors, mixing spoon.

Method

1. Make up the stock by dissolving the stock cube in the boiling water.
2. Pour the stock over the couscous in a large bowl.
3. Fluff with a fork and leave to stand for 5 minutes.
4. Chop the tomato and cucumber into small chunks.
5. Slice the pepper into small strips.
6. Slice the dried apricots and parsley into small pieces.
7. Add all the vegetables to the couscous and snip the spring onions into the bowl using the scissors.
8. Stir everything together.
9. Add the dressing.

Practical 4: Sizzling stir-fry

Ingredients

1 x chicken breast (cut into strips at home)
½ red chili
1 clove garlic
1cm fresh ginger
½ red onion
1 bok choy
1/2 yellow pepper
3 mushrooms
1x10ml spoon oil
1x10ml spoon soy sauce (reduced salt)

Equipment

Chopping boards, knives, garlic press, grater, wok or frying-pan, wooden spoon, saucepan, colander, measuring spoon, serving dish, weighing scales.

Method

1. Prepare the vegetables with a fresh knife on a clean chopping board:
 - peel and crush the garlic.
 - de-seed and slice the chili.
 - peel and slice the ginger.

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slice the onion, pepper, and mushrooms.

shred the bok choy.

2. Heat the oil in the wok or frying pan.

3. Add the onion, garlic, chili, and ginger. Allow to cook for 1 minute.

4. Add the chicken and stir-fry for 3-4 minutes. Check that the chicken is cooked

5. Add the remaining vegetables and soy sauce and continue to cook for a further 2 minutes.

6. Serve.

Practical 5: Ratatouille

Ingredients

1 onion

1 clove garlic

1 small aubergine

1 green pepper

1 courgette

2 cans chopped tomatoes (800g)

1 x10ml spoon oil

1 handful fresh basil

Equipment

Chopping board, knife, garlic press, saucepan, measuring spoons, wooden spoon, can opener.

Method

1. Prepare the vegetables:

- ◆ peel and chop the onion.
- ◆ peel and crush the garlic.
- ◆ dice the aubergine.
- ◆ de-seed and chop the green pepper.
- ◆ slice the courgette.

2. Fry the onion and garlic in the oil for 5 minutes.

3. Add the aubergine and fry for a further 5 minutes.

4. Add the pepper, courgette, and tomatoes.

5. Stir-in the torn basil leaves.

6. Bring to the boil and then simmer gently, with the lid on the saucepan, for 20-30 minutes.

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Practical 6: Christmas candy cane cookies

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Ingredients

85g Butter

55g Caster Sugar

150g Plain flour

2 TSP Milk

1Tsp Vanilla essence

1. Pre-heat oven to 190C/170C Fan/Gas 5.
2. Add 85g butter and 55g caster sugar into a ceramic bowl.
3. Cream the butter and sugar together with the back of a fork
4. Add 150g plain flour to the bowl.
5. Add 1-2tsp milk and ½ tsp vanilla essence (more milk may be needed).
6. Mix together to form a dough.
7. Split the dough into 2 pieces. Put half in the bowl.
8. Split the other half into 2 pieces.
9. Add food colouring to each of the smaller pieces.
10. Thoroughly mix the colours into the dough and wash hands immediately afterwards.
11. Split the plain dough into 6 equal pieces and the coloured dough into 3 equal pieces each.
11. Split the plain dough into 6 equal pieces and the coloured dough into 3 equal pieces each.
12. Roll each piece into a sausage approx. 12cm long.
13. Lay a plain and coloured piece side by side.
14. Gently roll your hand over each end in opposite directions to twist together.
15. Place on a baking tray and add curve. Add any decoration e.g. silver balls.
16. Bake for 12-14 minutes, leave to cool before transferring to wire rack.

Practical 7: Chicken Goujons

50g fresh fine breadcrumbs (or bring 2 slices of bread and we will make crumbs in class)

Pinch cayenne pepper (optional) -

salt and pepper, to taste –

2 skinless chicken breasts or thighs, cut into strips at home.

25g plain flour

Sandwich bag

1 large egg beaten

1. Preheat the oven to 190C/375F/Gas 5.
2. Place a sheet of parchment paper on a baking tray and brush with a little oil
3. Blend your bread to breadcrumbs and place in your sandwich bag
4. Season, to taste, with salt and freshly ground black pepper and cayenne if wanted .
5. Place the flour in another shallow bowl/ plate.
6. Beat the egg in small bowl .

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7. Dip the chicken pieces in plain flour, then in the beaten egg and finally coat in the breadcrumbs. and lay the chicken goujons on the oiled baking tray. (Try to keep one hand clean through this process).

8. Bake in the oven for 20- 30 minutes, turning once. Remove from the oven when completely cooked through and golden-brown all over.

Practical 8 : Oaty fruit cookies

Ingredients

140g butter or margarine

100g sugar

100g self-raising flour

125g porridge oats

125g dried fruit

Method

1. Cream the butter and sugar together until light and fluffy.
2. Stir in the flour, oats, and fruit.
3. Flour your hands if the mixture is a little bit sticky.
4. Shape into 12 balls and flatten into 12 rounds and spread out on the baking tray.
5. Bake for 20 minutes in a preheated oven at 190°C (gas mark 5).

Practical 9 : Smoothie

Ingredients

250g fresh fruit mixture, such as strawberries, raspberries, banana, blueberries, peach, nectarine, tangerine

150ml yoghurt

100ml to 150ml milk (optional if you want a more liquid smoothie)

Method

1. On a chopping board, chop the fruit into small chunks.
2. Put the fruit into a measuring jug.
3. Add the milk and yogurt.
4. Carefully use the stick blender to puree the smoothie.

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5. Pour into your cup or container ready to take home.
6. Put into the fridge.

Practical 10 : Fruit flapjacks

Ingredients

75g dried apricots
150g oats
50g sugar
50g butter or margarine
2x15ml 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 tin.
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.

Practical 11: Scone based pizza

Ingredients

150g self raising flour
25g margarine
1 egg
50ml milk semi-skimmed
3 x 15ml spoons of passata sauce
1 tomato
50g cheese, e.g., Mozzarella
2 mushrooms
1 x 5ml spoon of dried herbs
25g sweetcorn
½ green pepper

Equipment

Weighing scales, sieve, mixing bowl, small bowl, fork, measuring jug, palette knife, measuring spoons, flour dredger, rolling pin, baking tray, chopping board, knife, grater.

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Method

1. Preheat the oven to 200°C or gas mark 6
2. Line a baking tray.
3. Sift the flour into a bowl.
4. Rub the butter or margarine into the flour until it resembles breadcrumbs.
5. Whisk the egg and milk together in a small bowl with a fork.
6. Add the egg mixture to the flour and mix together form a soft dough.
7. Flatten out the dough on a floured surface to form a large circle.
8. Transfer the dough to the baking tray.
9. Spread the passata sauce over the dough.
10. Prepare the vegetables:
slice the mushrooms.
slice the tomato.
remove the core from the pepper and slice into the thin strips.
11. Arrange the mushrooms, tomato, green pepper, and sweetcorn over the base.
12. Grate or slice the cheese.
13. Sprinkle or place the cheese and herbs over the top of the pizza.
14. Place the pizza in the oven and bake for 10 – 15 minutes, until golden brown.

Practical 12: Layered pasta salad

Ingredients

- 100g pasta shapes
- 1 carrot
- 100g cooked sliced chicken
- 1 baby gem lettuce
- 1 tomato
- ¼ cucumber
- 2 x 15ml spoons low fat dressing

Equipment

Weighing scales, saucepan, chopping board, knife, vegetable peeler, grater, measuring spoons, tablespoon, colander, serving dish.

Method

1. Bring a small saucepan of water to the boil, and then add the pasta. Simmer for about 8-10 minutes (check the packet instructions).
2. While the pasta is cooking, prepare the other ingredients:
 - ◆ shred the lettuce.
 - ◆ slice the tomato.
 - ◆ chop the cucumber into small chunks.
 - ◆ peel and grate the carrot.
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 1x15ml spoon of dressing.
5. Assemble the remaining ingredients over the pasta in layers.
6. Lastly, drizzle over the remaining dressing

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Please note the following:

Before 8:30 take your ingredients to the food room. In the FRIDGE place fresh meat, fish and dairy products. On the trolley with your class name, place fruit, veg, tins, eggs, dry ingredients and your 'take-home-container'. All items must be labelled with your name.

You must collect your food at the end of the school day, we are a busy department who cook with 900 KS3 pupils every fortnight and cannot store any leftover food.

Please note these are the recipes we plan to use this year. We will let you know if any changes happen. Your child's teacher can advise you of any dietary or other changes you can make to each recipe, please contact them for advice.

Happy cooking