



QUEEN'S PARK HIGH SCHOOL



# Year 7 Recipe Book

## Things to remember:

The date of when you are cooking will be on the wall outside the food classroom. Make sure you plan ahead.

Plan your recipe at home think about what will go with your recipe to make it into a meal.

Bringing in your ingredients is your food homework. If you have any issues getting the ingredients you must speak to Mr Budgen.

Place your ingredients in the student fridge first thing in the morning.

Bring in a container to carry your recipe home.

Date I will be making this is:



### Chopping and Peeling!



## FRESH FRUIT SALAD

### Ingredients:

1 small can pineapple chunks in natural fruit juice (or a small carton fruit juice.)

1 apple

1 orange

1 banana

50g / 2oz cherries or grapes

Choose from: 1 kiwi / 50g strawberries /  $\frac{1}{2}$  melon / 1 pear / 1 plum / 1 peach or nectarine / 1 star fruit or mango or anything else that is in season.

**BOWL or CONTAINER WITH LID**

### Method

1. Wash all fruit that you are not going to peel.
2. Empty contents of can of pineapple into large bowl.
3. Arrange fresh fruit so that the fruit that goes brown first is prepared last eg: orange - cherries/grapes/strawberries - kiwi - melon - plum / nectarine / peach - apple - pear - banana.
4. Prepare each fruit in the way you have been shown and put into the bowl making sure that each fruit get coated with juice as it goes in.
5. Mix the fruit gently so that the finished result shows an attractive variety of colours and textures.

Date I will be making this is:



## **APPLE CRUMBLE**

### *Ingredients*

1 tin apple pie filling or a fruit filling of your choice or 500g apples cooked at home  
(sweetened to taste)

50g / 2oz caster sugar

125g / 5oz plain flour

75g / 3oz butter or margarine

### Optional

25g / 1oz porridge oats

**REMEMBER TO BRING AN OVEN PROOF DISH TO COOK IT IN!**

## **METHOD**

1. Light oven gas 5 / 190° C .
2. Put flour into a mixing bowl.
3. Rub the fat into the flour until it looks like breadcrumbs
4. Stir in the sugar, oats and nuts.
5. Put the fruit into your oven proof dish and carefully cover it with crumble mixture.
6. Bake in the oven for 20 - 25 mins until the crumble is golden brown.

*\* other fruits you could use: plums. Rhubarb, gooseberries, peaches in the summer,  
apple and blackberry, apple sultanas and cinnamon.*

Date I will be making this is:

*Using the oven!*

### RASPBERRY BUNS

#### INGREDIENTS

200g Self Raising Flour

75g Caster Sugar

75g Margarine

1 Egg

2 tbsp Raspberry Jam (or one of your choice)



A container to my work home in!

#### METHOD

1. Light oven to Gas Mark 5 / 190°C
1. Lightly grease a baking sheet
2. Sieve the flour in a large mixing bowl and add the margarine
3. Using your fingertips, rub the margarine into the flour until it looks like breadcrumbs
4. Stir in the sugar
5. Beat an egg in a measuring jug using a fork
6. Add the egg to the other ingredients and mix well using an English Knife
7. Divide the mixture into 6 equal pieces, roll each piece into a ball and place on the baking sheet.
8. Make a small dent on the top of each ball using your thumb.
9. Very carefully, place a small amount of jam in each hole using a teaspoon
10. Bake for 15-20 minutes until golden brown
11. Remove from the baking tray using a palette knife and place on a cooling rack.

Date I will be making this is:

*A high fibre treat!*

## APPLE AND SULTANA BARS

### INGREDIENTS

- 2 weetabix biscuits
- 225g SR flour (try mixing 50g wholemeal with 175g white for extra fibre)
- 150g margarine
- 100g caster sugar
- 50g sultanas
- 1 cooking apple
- $\frac{1}{2}$  tsp cinnamon
- 1 egg



**BRING A CONTAINER TO TAKE THEM HOME IN!**

### METHOD

1. Grease and base line a tray bake or Swiss roll tin.
2. Light oven gas 5 / 200°C.
3. Crumble weetabix into a mixing bowl.
4. Add flour and cinnamon and mix together.
5. Add margarine and rub in using fingertips.
6. Add sugar.
7. Grate the apple (you can use the skin but not the core).
8. Add apple, sultanas and beaten egg and stir in well.
9. Place the mixture in tin and smooth out evenly.
10. Bake for 20 - 25 mins until golden brown, risen and firm to the touch.
10. Leave to cool slightly (5 mins) before cutting it into squares or fingers and place on a cooling rack.

Date I will be making this is:

*Exploring the cooker using the hob and grill or oven.*

## **CHEESE AND POTATO PIE (1 hour version)**

### **INGREDIENTS**

500g ready cooked potato

40ml milk

25g butter or margarine

100g cheese

1 tomato

salt and pepper

Optional other flavourings such as: 50g cooked bacon bits, 2tsp chopped chived, 1 small red onion, chopped peppers ... anything else you can think of?

**DON'T FORGET YOUR OVEN PROOF DISH.**

### **METHOD**

1. Put milk and butter into a saucepan and heat gently until butter is melted.
2. Take off the heat and add the cooked potato and mash well.
3. Add cheese, salt and pepper. Save some cheese for the top.
4. Add any other flavourings.
5. Put mixture into oven proof dish.
6. Sprinkle cheese on top and garnish with pieces of tomato.
7. Put under a hot grill or in the oven Gas 6/ 210°C until golden brown.



Date I will be making this is:

Year 7 practical book



## GREEK STYLE KEBABS

### INGREDIENTS

2 chicken breasts or lamb steaks or pork steaks .

*You can just use vegetables if you are vegetarian or 100g haloumi cheese.*

2 or 3 from red onion, cherry tomatoes, courgettes, mushrooms, aubergines, peppers.

### MARINADES - chose one...

150ml natural yogurt + 1tbsp chopped mint + 1tsp cumin

2 tbs oil + 1 tsp curry or chilli powder

2tsp oil + grated zest of  $\frac{1}{2}$  lemon +1tbsp lemon juice + 1tsp chopped fresh herbs such as thyme or oregano or mixed dried herbs

1 clove of crushed garlic can be added to any of the marinades.

### SKEWERS

**DON'T FORGET YOUR CONTAINER TO TAKE IT HOME IN!**

### METHOD

1. Prepare your marinade by mixing the ingredients together in a large mixing bowl.
2. Chp the meat into bite sized chunks and then put in the marinade - mix well.
3. Chop the vegetables into chunky pieces.
4. Put the meat and vegetables onto the skewers - put a piece of meat between each vegetable.
5. Put on a baking sheet and bake for 15 minutes turning them around half way through.
6. Serve with salad and warm pitta bread.

*At home you can cook them on the BBQ!*

*TIP - Soak wooden skewers first so they don't burn.*



Date I will be making this is:

## **BOLOGNAISE SAUCE**

### **INGREDIENTS**

1tbsp Cooking oil  
1 onion  
1 carrot  
1-2 tsp mixed dried herbs  
250g Minced beef  
1 tin of tomatoes  
1-2tbsp Tomato puree  
100 ml stock (1 oxo plus 100ml water)



Optional ingredients: 1 stick celery, 1 clove garlic, 1 green pepper, 50g mushrooms.

**DON'T FORGET YOUR CONTAINER TO TAKE IT HOME IN!**

### **METHOD**

- 1.Prepare vegetables - peel and chop carrot and onion, chop pepper and celery, wipe and slice mushrooms, peel and crush garlic.
- 2.Put oil in pan and heat gently.
- 3.Add chopped onion, garlic and herbs - cook until onion is soft.
4. Add carrots and celery.
- 5.Add minced beef and fry until brown.
- 5.Add mushrooms, peppers, tinned tomatoes, and tomato puree.
- 6.Add stock and simmer for 10 mins.
7. Serve with pasta.



Date I will be making this is:

## **CHICKEN CHOW MEIN**

### **INGREDIENTS**



1tbsp oil  
375g pack diced chicken breast  
300g straight to wok noodles  
 $\frac{1}{2}$  tsp dried ginger or 1tsp fresh grated ginger  
3 spring onions  
2 tbsp soy sauce  
2 tbsp honey or sauce of your choice e.g hoisin, chilli

### **CHOOSE 2 or 3 FROM**

4 mushrooms  
4 x broccoli florets  
50g bean sprouts  
100g mange tout  
1 pepper any colour

**DON'T FORGET YOUR CONTAINER TO TAKE IT HOME IN!**

### **METHOD**

1. Prepare the vegetables: peel and crush the garlic; chop the spring onions; slice the mushrooms; cut each broccoli floret into 4, slice the pepper, wash the bean sprouts.
2. Cut the chicken into cubes.
3. Mix the honey, soy sauce and any other sauces together in a jug.
3. Heat the oil in the wok or frying pan.
4. Add the chicken and fry 4-5 minutes until it turns white.
4. Fry the garlic, ginger and onions for 1 minute.
5. Add the mushrooms and broccoli or any other vegetables and cook for 3 minutes.
6. Add the sauces.
7. Add the noodles to the wok and stir so that all of the ingredients are coated.

***TEST FOR COOKED CHICKEN? Take the largest piece out of the pan and place on a chopping board. Cut it in half- it must be white in the middle!***



Date I will be making this is:

*Using a processor and practising my knife skills!*

## SUPER SOUP

### INGREDIENTS

1 potato

1 carrot

1 onion

**CHOOSE 1 or 2** other vegetables to flavour- e.g. 4 tomatoes, 1 leeks, bunch watercress, 1 pepper, 1 parsnip, 1 stick of celery, 25g red lentils

25g butter or margarine

Salt and pepper

700ml water

1 stock cube- vegetable or chicken

**IF YOU WANT TO MAKE THE SOUP CREAMY ADD:**

2 tbsp crème fraiche

Or

2 tbsp double cream

### METHOD

1. Peel and dice vegetables.

2. Melt the butter in a large saucepan, add the vegetables and gently fry over low heat.

3. Cover with lid and gently 'sweat' for 10 minutes.

4. Boil the kettle.

5. Crumble the stock cube in a measuring jug and add 700ml of boiling water.

6. Add the stock to the saucepan.

7. Simmer for 10 -15 minutes until soft.

8. Pour into the jug of the processor and blend until it is the consistency you like.

8. Add the crème fraiche or double cream if you want a creamy soup.

Serve piping hot with crusty bread!



Date I will be making this is:

## SAUSAGE BEAN FEAST

### INGREDIENTS

- 1 tbsp oil
- 1 pkt sausages (about 450g)
- 1 tin beans - baked, red kidney, mixed - any sort you fancy.
- 1 tin tomatoes
- 1 onion
- 1 pepper
- 1 carrot
- 1 stick celery
- 1tbsp brown sugar
- $\frac{1}{2}$  tsp mixed herbs
- 1 clove garlic (optional)

**Oven proof dish or roasting tin to cook in and take home.**

### METHOD

1. Light oven Gas 5/ 200°C
2. Put sausages into your dish or roasting tin and put in the oven until you are ready for them.
3. Peel and chop vegetables.
4. Drain the beans through a sieve **EXCEPT if you are using baked beans.**
5. Open the tomatoes.
6. Put oil, vegetables, garlic and herbs into the saucepan and cook 5 minutes.
7. Add the cooked sausages to the vegetable mixture **OR** put cooked sausages onto a chopping board and cut up using a knife and folk into small pieces, then put into the pan with the vegetables.
8. Add beans, tomatoes and sugar to the pan.
9. Simmer for 10 minutes.
10. Serve hot.



Date I will be making this is:	
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## French inspiration!

### FRUIT FRISBEES

#### Ingredients

225g ready made puff pastry

25 g caster sugar

25g butter or margarine (melted)

CHOOSE 2 FROM:

1 apple ( red skinned ones look good)

1 banana

1 peach

1 plums

1 pear

#### Method

1. Light oven gas 7 / 220°C.

2. Very lightly grease a baking sheet

3. Roll out the pastry on a lightly floured surface until it is about 3 mm thick (about the thickness of a 10p piece).

4. Cut out circles from pastry using a cutter and then cut around the banana twice to make two banana shapes.

5. Put the pastry shapes onto the baking sheet leaving some space between them.

6. On a board, slice the other fruits carefully in the way you have been shown.

7. Brush the pastry circles with the melted butter or margarine.

8. Arrange the fruit neatly on top of the pastry.

9. Brush the fruit with melted butter and sprinkle with sugar.

10. Bake for 20mins, until the pastry is crisp and the fruit is cooked soft.

11. Put them on a wire rack to cool.

Date I will be making this is:

## CHRISTMAS GINGERBREAD

### INGREDIENTS

225g plain flour  
50g butter  
1tsp ground ginger  
75g soft brown sugar  
2tbsp golden syrup  
1 egg  
 $\frac{1}{2}$  tsp bicarbonate of soda



DECORATIONS: icing tubes - silver balls - currants

**DON'T FORGET YOUR CONTAINER TO TAKE THEM HOME IN!**

### METHOD

1. Light oven gas 5/190° C.
2. Grease a baking sheet.
3. Melt the butter, sugar and syrup in a saucepan over a low heat.
4. Sieve ginger, flour and bicarbonate of soda into a mixing bowl.
5. Add the melted ingredients into the dry ones.
6. Add beaten egg a little at a time until a firm dough is formed.
7. Lightly flour table and roll out - not too thin.
8. Cut out shapes.
9. Knead trimmings back together, re-roll and cut out some more.
10. Put on baking sheet.
10. Bake biscuits for 10 - 15 minutes. They should be golden brown but *remember biscuits crisp as they cool.*
11. Lift off the tray using a palette knife and put on a cooling rack.
12. Decorate using icing, silver balls, currants etc.

# Choc Chip Cookies

## Ingredients:

100g Caster Sugar

100g Butter

1 Egg

½ teaspoon Vanilla extract

175g Plain flour

100g Chocolate chips

Chocolate sugar coated mini eggs or Smarties to decorate

## Method:

1. Grease 2 baking trays. Turn the oven on to 180°C / Gas mark 4.
2. Put the caster sugar and the butter into a large mixing bowl. Stir with a mixing spoon, then mix with the electric mixer until soft and fluffy.
3. Add the egg and the vanilla essence and mix in.
4. Sift the flour into the bowl and stir in the mixture.
5. When you have a smooth mixture, stir in the chocolate chips.
6. Put a heaped tablespoon of the mixture onto a baking sheet to make 12 cookies. Press mini eggs into each mound of dough.
7. Bake for 10-15 minutes until pale golden brown. They will still be slightly soft in the middle.
8. Leave the cookies to cool slightly, then use a spatula or fish slice to lift them onto a wire rack. Leave to cool. Enjoy your cookies!