

FOOD
GLOBIOUS
FOOD!



Year 7 Recipes

Knife Skills

Weighing

Rubbing in

Hygiene

Safety

Grating

Healthy Eating

Using the oven

Using the Hob

Measuring

Fruit salad



Ingredients

1 banana, peeled and sliced, 1 apple, cored and sliced, 1 orange, peeled and segmented 4 strawberries, halved, 10 grapes, 1 kiwi fruit, peeled and sliced, cherries or peach, 100ml orange juice

Equipment

Chopping board, knife, mixing bowl, measuring jug

Method

1. Prepare fruit and place into a large serving dish. 2. Add orange juice.

Tips

- Use fresh fruit in season, like raspberries in summer or apples in autumn. * Mix in some canned fruit, like pineapple or peaches. * Use whatever fruit you have – it's always good to eat! * Serve with low-fat yogurt for a great breakfast or dessert.

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. Mix in the other ingredients or assemble the remaining ingredients over the pasta in layers.
6. Lastly, drizzle over the remaining dressing.

Top tips

- ◆ Vary the type of pasta and/or vegetables used.
- ◆ Why not add some fruit, seeds or nuts?

Instead of cooked chicken, why not go for sliced ham, grated cheese, canned tuna, slices of boiled egg, or red kidney beans? Try to include some dairy food, such as cheese to fit in with the Eatwell Plate.



Apple and sultana crumble

Ingredients

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



Equipment

Weighing scales, sieve, mixing bowl, wooden spoon, chopping board, knife, ovenproof dish, 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 the oven-proof dish, and then add the sultanas.
6. Sprinkle the crumble topping over the apple slices.
7. Bake for 25-30 minutes, until the apple is soft and the crumble is golden.

Top tips

- ◆ You may wish to put the dish onto a baking tray when placing it in the oven.
- ◆ Be creative and experiment with other fruits, such as blackberries, apricots, raspberries, peaches, nectarines or plums.
- ◆ Try mixing different fruits, e.g. pear and plum.

Skills

Using an oven	Rubbing in	Combining	Coring	
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Chicken or Fish Goujons (nuggets)

Basic ingredients

1 boneless and skinless chicken breasts, cut into strips
20g plain flour
1 medium free-range eggs, beaten
50g fresh fine breadcrumbs (any including white, wholemeal, multigrain)
salt and pepper, to taste
1 tbsp vegetable oil

Method

1. Set oven to 190°C.
2. Oil a baking tray.
3. Set up your Pane – Flour, beaten egg, breadcrumbs. (You can add seasoning or flavourings to any stage.)
4. Cut the chicken or fish into strips (try to keep the sizes even so they will have the same cooking time).
5. Coat the chicken or fish in flour.
6. Dip into the egg and make sure it is covered in egg.
7. Coat in the breadcrumbs.
8. Place onto the baking tray and cook for 30 – 35 minutes, until golden brown.
To check they are fully cooked, cut the largest nugget in half, it should be piping hot in the center and white through.

Variations

Use crushed crackers or cereal (such as cornflakes or rice Krispies) instead of breadcrumbs.

Add other flavourings, such as chilli, mixed herbs, fresh or dried herbs, paprika, cayenne pepper.

Add cheese (parmesan works well) to the breadcrumbs.

'Stuff' the chicken with a small piece of cheese, chutney or ketchup before coating.

Macaroni cheese

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 it all the time until it has thickened.
 - ◆ Reduce the heat and allow to simmer for 2 minutes.
 - ◆ 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.
9. Sprinkle over the remaining cheese.
10. Place under a hot grill until the cheese is bubbling and golden brown.

Top tips

- ◆ Try different varieties of pasta shapes, such as rigatoni or shells.
- ◆ Add fresh herbs to the sauce, like chopped parsley or basil.
- ◆ During the last 2-3 minutes of cooking the macaroni, add a range of small pieces of vegetables, such as broccoli, cauliflower, courgette or peppers.

Skills

Grating	Using a hob	Using a grill	Making a savoury sauce	Draining
Combining	Claw grip	Bridge Hold		

Spicy tomato soup

Ingredients

1 onion
1 carrot
1 potato
1 x can chopped tomatoes (400g)
500ml water
1 stock cube
1/2 x 5ml spoon
dried chilli flakes
1 x 15ml spoon tomato puree



Method

1. Prepare the vegetables:
 - peel and slice the onion;
 - top and tail, peel and slice the carrot;
 - peel and cut the potato into 8.
2. Put all the ingredients into a saucepan.
3. Stir everything together, bring to the boil and then simmer for 20 minutes.
4. Ladle the mixture into the liquidiser and blend until smooth.
5. Serve.

Top tips

- Place a cloth over the liquidiser to prevent any soup from splashing out.

Minestrone soup

Ingredients

1 onion
1 clove of garlic
1 rasher of bacon
1 x 10ml spoon oil
1 carrot
1 stick of celery
1 potato
1 stock cube
800ml boiling water
1 tomato
¼ cabbage
1 x 5ml spoon mixed herbs
25g small pasta shapes or broken spaghetti
Black pepper

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 fresh knife on a clean chopping board.
2. Fry the onion, garlic and bacon in the oil for 2 minutes.
3. Stir in the carrot, celery and potato.
4. Add the stock.
5. Stir in the sliced tomato and finely shredded cabbage.
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.

Top tips

- ◆ Serve with a sprinkle of parmesan cheese.
- ◆ Try different types of vegetables – use what is in season.

Add 2x15ml spoons of cannelloni beans.

Homemade Soup

This recipe can be made to make almost any soup. Use any vegetable in season and try to be creative with flavours.

Ingredients

25g butter or 1tbl oil (vegetable or olive)
1 litre of water or stock
salt and pepper
300-500g vegetables

Wash vegetables to remove soil and pesticides

Peel and dice or slice all the bulb vegetables - (Onions, Leeks or Garlic)

Heat the butter or oil in a large pan

Sweat the bulb vegetables by cooking them on a low heat for 5 – 10 minutes (Do not brown)

Slice or dice all root vegetables and tubers (you can peel them if required). (Potatoes, Carrots, Swede Parsnips, Sweet potato etc)
Try to make the pieces similar sizes.

Add root vegetables and tubers to the pan.

Stir in the liquid and add the seasoning.

Bring to the boil

Chop stem vegetables, leaves, fruit and flowers. (Broccoli, Spinach, Herbs, Celery, Peppers etc)

Stir into the soup and continue to cook until the vegetables are soft.