

Year 6

Food Technology



Recipe Book
2018 - 2019 v3 revised

Name _____ Group _____

Week 1 - Fruit Crumble or Healthy Oat Crumble

Lesson1: This is a single lesson

Ingredients for crumble

- 60g plain flour
- 15g white sugar/ or unrefined brown sugar
- 30g unsalted butter
- 1 tin of peaches (value)



Students also need to bring with them

- A clean apron / 5p for a disposable apron.
- A heat proof dish and foil or with a lid/named container to take crumble home in.

Equipment (Collect all equipment before you start cooking)

Bowl, metal spoon, knife,

Method

1. Preheat oven to 190°C or gas mark 5
2. Rub in the butter into the flour until it resembles breadcrumbs
3. Stir in sugar
4. Place peaches in bottom of container
5. Sprinkle crumble mix on top of peaches
6. Bake in the oven for 15 minutes or until golden brown

S.C.A.M.P.E.R (CHANGE THE RECIPE)

- Swap peaches for tinned or fresh apples or rhubarb or your favourite fruit
- Swap 30g of plain flour for oats for a different textured crumble mix adding brown sugar and sultanas or cinnamon

Week 1 – Fairy Cakes

Lesson2: This is a double lesson

Ingredients

- 100g caster sugar
- 100g very soft butter
- 100g self-raising flour
- 2 eggs
- Cupcake cases



Students also need to bring with them

- A clean apron / 5p for a disposable apron.
- A named container to take Fairy Cakes home in.
- **Decorating items see below**

Equipment (Collect all equipment before you start cooking)

Bowl, wooden spoon, cake tin, 2x metal spoons,

1. Pre heat oven on to 180C/160C fan/gas 4.
2. Put a paper case in each bun hole.
3. Put the sugar and butter (it must be soft or you won't be able to mix it properly) in a bowl and mix it together.
4. Sift in the flour.
5. Break the eggs into a separate bowl (spoon out any bits of shell that fall in) and add them to the bowl with the vanilla.
6. Mix everything together.
7. Divide between the cases using a spoon, scraping it off with a knife.
8. Put the tray in the oven for 20 minutes. Clean up! Wash all dishes with warm soapy

Decorate

For the icing

200g very soft butter

200g icing sugar

food colouring, sprinkles, marshmallows etc

Mix the butter and icing sugar to make a creamy icing. Add colouring, if you like. Push an icing nozzle into an icing bag, then scoop in the icing.

Let the cakes cool completely in the tray. Pipe icing onto each cake and decorate with marshmallows or sprinkles, or whatever you like. Alternatively spoon on icing and add sprinkles.

Week 2- Layered Salad

this is a single lesson

Lesson1:

Ingredients

Choose a selection of ingredients, no more than **seven** items.

Think about the colours, textures and shapes.



- 80g lettuce, spinach or rocket
- 1 tomato or 5 cherry tomatoes
- 3 x spring onions or ½ Red onion
- 1x carrot
- 1x apple
- small red or green pepper
- 1/4 cucumber
- 50g tuna/ham
- Small tin of sweetcorn
- 50g cheese
- 1 x stick of celery
- 50g raisins or dried fruit

Students also need to bring with them

- A clean apron / 5p for a disposable apron.
- Plastic lunchbox

Equipment (Collect all equipment before you start cooking)

Chopping board, peeler, knife,

Method

1. Wash or peel fruit and vegetables as necessary.
2. Grate the cheese and carrot.
3. Slice the cucumber
4. Chop the onion, celery, pepper
5. Leave all prepared ingredients on a plate
6. Add the lettuce to the base of the dish
7. Arrange the prepared ingredients in the dish/plastic lunchbox

Why not S.C.A.M.P.E.R?

Bring along some wraps and present you salad in a different way adding coleslaw

Week 2 Lesson 1 – Mexican or Italian?

This week we are going to make a sauce including mince. These made great additions to pasta or rice. Please pick one recipe.

Chilli-Con-Carne

Ingredients

200-400g minced beef
1 clove garlic (optional)
1 large can tomatoes
1 tablespoon tomato puree
1 large can red kidney beans
1 onion
1 pepper
1 litre casserole dish or container

School will provide

Chili powder
Salt and pepper

Equipment: (Collect all equipment before you start cooking)

Method

1. Peel and chop the onion and garlic.
2. Add mince, onion and garlic to the saucepan pan and stir over a low heat until the meat has browned.
3. Remove stalk from the pepper and chop.
4. Remove saucepan from the heat, add tomatoes, pepper, puree, chilli powder, herbs, salt and pepper.
5. Bring to the boil and simmer for 15 minutes.
6. Rinse the kidney beans in a sieve and add to the mince.
7. Return to the heat for five minutes.
8. Leave to cool and add to

Bolognaise Sauce

Ingredients

200-400g minced beef
1 clove garlic (optional)
1 large can tomatoes
1 tablespoon tomato puree
1 onion
100g mushrooms
1 litre casserole dish or container

School will provide

Mixed herbs
Salt and pepper

Chopping board,
saucepan, wooden spoon, sieve