

# **Year 7**

# **Food Technology**



**Recipe Book**  
**2018 - 2019 revised v3**

**Name** \_\_\_\_\_ **Group** \_\_\_\_\_

# Week 1 – lesson 1 Mini Carrot Cakes

## Ingredients

- 2 carrots
- 100g (3½oz) sugar
- 75g (3oz) margarine
- 100g (3½oz) plain flour
- 1 large egg
- 60g (2oz) sultanas (optional)

## Topping

- 100g margarine (softened)
- 300g soft cheese (value brand)
- 100g icing sugar

## Pre weigh ingredients



### School will provide

- 1 tsp cinnamon / orange essence
- 1 tsp baking powder
- 1 tsp vanilla extract

### S.C.A.M.P.E.R Think about how you could alter the recipe.

You could try swapping these for other dried fruits like cranberries or apricots what about courgette instead of carrot it's great with lemon!

## Students also need to bring with them

- A clean apron / 5p for a disposable apron.
- A large container to take cakes home in.

## Equipment: (Collect all equipment before you start cooking)

Large mixing bowl, measuring jug, wooden spoon, tablespoon, teaspoon.

## Method

1. Preheat the oven to gas mark 6, 200°C or fan 180°C ,
2. Top and tail the carrot.
3. Peel and grate the carrots into a bowl.
4. Add the sugar and margarine and mix all the ingredients together. Sift the flour into the bowl, along with the baking powder. Add the cinnamon.
5. Crack the egg into a bowl / cup and beat it before adding it to the cake mixture.
6. Add the sultanas and stir again.
7. Divide the mixture equally between the cupcake cases (6) using two metal spoons. This part can get messy so be careful.
8. Bake for 15 to 20 minutes until they're golden and piping hot throughout. They should bounce back when you press the top with a finger and a skewer inserted into the middle should come out clean with no raw cake mixture on it.

# Week 1 lesson 2 - Spicy Tomato Soup

## Ingredients

- 1 onion
- 1 carrot
- 1 potato
- 1 x can chopped tomatoes
- 1 stock cube
- 1 x 5ml spoons tomato puree

### School will provide

Dried chilli flakes

500ml water



## Students also need to bring with them

- A clean apron / 5p for a disposable apron.
- A suitable container to take soup home in.

## Equipment (Collect all equipment before you start cooking)

Chopping board, vegetable peeler, saucepan, wooden spoon, measuring jug

## Method

1. Collect equipment.
2. Collect ingredients.
3. Peel and slice the onion.
4. Top and tail, peel and grate the carrot.
5. Peel and grate the potato.
6. Measure 500ml boiling water, crumble in the stock cube and stir.
7. Put all the ingredients into a saucepan.
8. Stir everything together, bring to the boil and simmer for 20 minutes.
9. Remove from heat and liquidise with the stick blender until smooth.
10. Carefully pour into container (staff)

If you have tried this recipe before could you S.C.A.M.P.E.R maybe bring in some bread and have a go at making tasty croutons!

# Week 2 – lesson 1 Eggcellent Eggs

## Ingredients

3 Eggs

50g Plain Flour

Select up to three of the following ingredients:

*Bacon, ham, chicken, quorn, cheese, onion, pepper, spring onion, tomato, mushrooms, garlic, fresh herbs.*

### School will provide

Seasonings

Oil

Milk



## Students also need to bring with them

- A clean apron / 5p for a disposable apron.
- A large container to take home in.

Students learn the basics along with making their own omelettes and pancakes.

We look at how eggs can be a good source of dietary protein, which offer a cheap way to make a breakfast, lunch or tea.

Basic Omelette Recipe	Basic Pancake Recipe
<ol style="list-style-type: none"><li>1. Season the beaten eggs well with salt and pepper. Heat the oil and butter in a non-stick frying pan over a medium-low heat until the butter has melted and is foaming.</li><li>2. Pour the eggs into the pan, tilt the pan ever so slightly from one side to another to allow the eggs to swirl and cover the surface of the pan completely. Let the mixture cook for about 20 seconds then scrape a line through the middle with a spatula.</li><li>3. Tilt the pan again to allow it to fill back up with the runny egg. Repeat once or twice more until the egg has just set.</li><li>4. At this point you can fill the omelette with whatever you like. Scatter the filling over the top of the omelette and fold gently in half with the spatula. Slide onto a plate to serve.</li></ol>	<ol style="list-style-type: none"><li>1. Put 100g plain flour, 2 large eggs, 300ml milk, 1 tbsp sunflower or vegetable oil and a pinch of salt into a bowl or large jug, then whisk to a smooth batter.</li><li>2. Set aside for 30 mins to rest if you have time, or start cooking straight away.</li><li>3. Set a medium frying pan or crêpe pan over a medium heat and carefully wipe it with some oiled kitchen paper.</li><li>4. When hot, cook your pancakes for 1 min on each side until golden, keeping them warm in a low oven as you go.</li><li>5. Serve with lemon wedges and caster sugar, or your favourite filling. <i>Once cold, you can layer the pancakes between baking parchment, then wrap in cling film and freeze for up to 2 months.</i></li></ol>

# Week 2 – Lesson 2- How to make a rue!! (For a pasta bake).

## Ingredients:

100g-150g pasta

100g grated cheese

Ovenproof dish

375ml milk

25g plain flour

25g soft spread/butter

## Students also need to bring with them

- A clean apron / 5p for a disposable apron
- Oven proof dish and container to take home

## Equipment: (Collect all equipment before you start cooking)

Saucepan, chopping board, wooden spoon, knife

What about changing the flavour of your pasta bake by adding additional ingredients

- 1 can tuna
- 1 can sweetcorn
- 3-4 slices ham
- 1 pepper
- 50g frozen peas

## Method

1. Half fill a large pan with water add the pasta and boil. Cook until soft (10 minutes).
2. Grate the cheese.
3. Slice the tomato. Chop the pepper.
4. Drain the pasta add to ovenproof dish.
5. **Cheese sauce:** Put the milk, flour, margarine, salt, pepper in a pan. Bring to the boil stirring all the time.
6. Remove from the heat and stir in the remaining cheese.
7. Add the pasta to the cheese sauce and add any extra ingredients and stir well.
8. Place in an ovenproof dish. Cook in oven for 15-20 minutes or until golden brown.

