

# Year 5

# Food Technology

Recipe  
Book

2018-



2019 Revised v3

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

**Week 1** During this week we are going to learn basic food and hygiene skills within the DT kitchen. This will include a range of activities such as cracking an egg, peeling and cutting veg, measuring liquids and washing dishes.

## **Week 1 – Fruit Kebabs lesson 1**

During this week's lesson we will learn and practise on our individual cooking stations, all the essential skills needed for working with fruit and vegetables enabling us too successfully chop, peel, core, slice and dice.

All students need to bring at least 3 different kinds of fruit to create fruity kebabs. Think about your fruit selection to try to make your kebabs colourful, bright and appetising.

<b>Ideas of Fruit</b>	<b>Quantity</b>
Pear	1
Apple	1
Banana	1
Blackcurrants	few
Blueberry	few
Kiwi	1
Strawberry	few
Melon	$\frac{1}{4}$
Orange	1
Peach	1
Pineapple	$\frac{1}{4}$

Students also need to bring with them:

- A clean apron / or 5p for a disposable apron
- A carrier bag to take kebabs in
- A sheet of foil (large enough to wrap 2-4 kebabs)



**Kebab sticks will be provided**

S.C. A.M.P.E.R: THIS MEANS TO ALTER A RECIPE: If you have tried this recipe before, why not make a layered breakfast pot

For this you will need to prepare the fruit as before, bring in a yoghurt of your choice add add a delicious cereal topping.

**Suggested options** Porridge oats, raisins and honey.

You will need a container/pot with a lid to take this home.

**Any problems please contact the DT department before the lesson.**

**Week 1 lesson 2/3** this lesson is a double lesson.

## Shortbread Biscuits

This week we are going to make a basic biscuit recipe.

### PRE-Weigh before lesson

**Ingredients** 125g butter

55g caster sugar

190g plain flour

Chocolate chips or chocolate for melting



### Students also need to bring with them

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

### Method

1. Heat the oven to 190C/375F/Gas 5.
2. Beat the butter and the sugar together until smooth.
3. Stir in the flour to get a smooth paste. Turn on to a work surface and gently roll out until the paste is 1cm/½in thick.
4. Cut into rounds or fingers and place onto a baking tray.
5. Bake in the oven for 15-20 minutes, or until pale golden-brown. Set aside to cool on a wire rack.

**S.C. A.M.P.E.R: THIS MEANS TO ALTER A RECIPE:** If you have tried this recipe before, why not make a shortbread biscuit with added/changed ingredients.

**Suggested options Chocolate and cherry shortbread you will need cocoa powder and some glace cherries for this. Or maybe choc chip shortbread just bring a small bags of choc chips to add. You may bring chocolate to melt and dip to decorate if time.**

## Week 2 – Lesson 1

# Healthy snacks preparation and knife skills.

### French is crudites meaning raw appetiser



#### Ingredients

**Suggested four items.** Consider colour and texture

Carrots x2

Celery x2 sticks

Pepper any colour

Cucumber

Spring onions

**EXT task:** Students can, if they choose make a dip, if they have time. Yoghurt and mint is quite popular. (you would need a small pot of natural yoghurt and a jar of mint sauce)

#### Students also need to bring with them

- A clean apron / 5p for a disposable apron
- tinfoil or container to take home crudité snacks and a pot if student is making a dip, with a sealed lid.

At Windsor we encourage the balance of healthy snacks with occasional treats!

## **Week 2 – Lesson 2/3** this lesson is a double lesson.

### **Quick Pitta Pizzas or Layered Pizza Stack**

This week we are going to get creative and experiment with different flavours to create yummy quick pizzas.

#### **Ingredients**

- 2 Pitta Breads
- 4 teaspoons of tomato puree
- 2 mushrooms
- 2 tomatoes
- 125g of mozzarella or cheese of choice
- Mixed herbs and black pepper (supplied by school)

#### **Students also need to bring with them**

- A clean apron / 5p for a disposable apron
- A named container to take pitta pizzas home.

#### **Method**

1. Preheat oven at 190°C.
2. Place pitta breads on baking tray
3. Spread half of the tomato puree on each pitta
4. Thinly slice mushrooms and tomatoes
5. Place mushrooms and tomatoes onto pittas
6. Top with cheese, mixed herbs and black pepper
7. Bake in the oven for 10-12 minutes or until cheese has melted and is bubbling.



**S.C.A.M.P.E.R (change) this recipe and use bagels, naan breads or part baked baguettes or for a twist use tortilla wraps for a layered pizza stack.**

**Mushrooms and tomatoes can be changed for two different toppings**