



Year 5



Recipe Booklet

Welcome to the kitchen!



Name:

We cook on day:.....

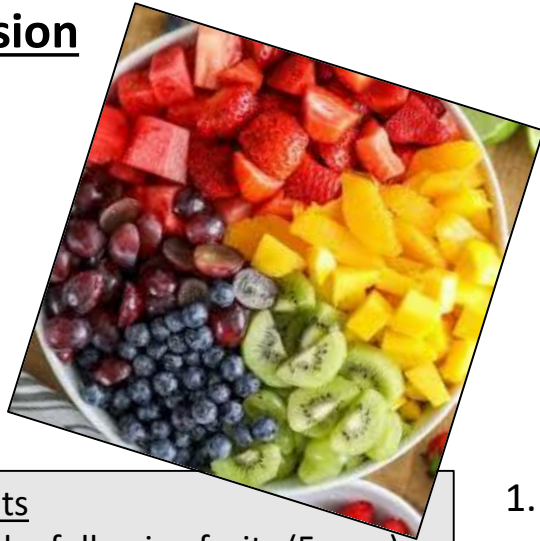
Keep
me
safe

Important information for parents and guardians:

- Year 5 cook each week in their Food unit. We follow the order of the booklet: fruit salad, cous cous, pitta pizzas, palmiers, scones, frittata, cakes. In some cases we may have extra lessons due to term timings. In these cases I will provide additional recipes.
- Students are advised to bring their ingredients to the Food classroom before school to be put into storage or placed in the fridge until lesson time.
- Students are then welcome to leave their products in the fridge or in the classroom and collect them after school or if they wish, take them at break/lunchtime to eat. Students will be reminded of this, but it is ultimately their responsibility and any food products left for over 48 hours will be thrown away to maintain good hygiene and adequate storage space within the classroom.
- We advise that all meat/dairy based products are fully reheated to 75°C or above either in the microwave or the oven.
- We have tailored the quantities of the ingredients in the recipes to ensure both the cooking times within lessons and storage facilities are available. **We ask you do not increase the quantities.**
- Students with allergies or dietary needs may adapt the recipes to suit their diet, please email me if you would like to discuss this (see below). If alternatives are supplied, please ensure these are nut free (no almond milk etc).
- We ask that you please provide a suitable container/tuppaware/box for each cooking lesson.
- We realise in the current economic climate that some families may find supplying the ingredients a challenge. If for any reason you are unable to provide the ingredients or if your child receives the pupil premium (and you would like ingredients supplied) please don't hesitate to contact me via email (lluxton@stmichaelsmiddle.org) and we can try to find a resolution so that all students can participate in the lesson.

Mrs Luxton
Food Department

Fruit Fusion



Ingredients

A mix of the following fruits (5 max):

- Kiwi
- Apple
- Pear
- Grapes
- Satsuma
- Slices of pineapple
- Berries
- Please do not send in whole melons, pineapples or other very large, whole fruits.
- 50ml of fruit juice
- **A container**

- 1.If you need to peel any fruit (not banana), use the peeler to carefully peel the fruit.
- 2.Using the bridge and claw, slice and chop your fruit into evenly sized pieces.
- 3.Add the fruit juice to the mixture, making sure each of the fruits is covered with juice. This will stop it going brown.
- 4.Move the fruit into your container and refrigerate your container with your name clearly labelled.
- 5.Place any rubbish in the bin.
- 6.Wash up all of your equipment and put it away where it belongs or where you found it.
- 7.Wipe down your surface so it is clean.

Cous cous salad

Reminder...

Bridge



Claw



- 100g dried couscous
- 1 ball mozzarella
- 1 pepper
- Chunk of cucumber or courgette
- Tomatoes
- 1 stock cube
- A container



1. Add your **cous cous** to a bowl.



2. Crumble or drop your **stock cube** into your measuring jug. Add **150ml** of boiling water and stir. Then leave.



3. Wash up your jug, dry it and put it away.



4. On your chopping board, chop your **vegetables** evenly.



5. Cut the corner off the **mozzarella**, drain the water in the sink and chop.



6. Fluff up your **cous cous** with a fork.



7. Add your **vegetables** and **mozzarella** to your **cous cous** and mix.



8. Season with **herbs** and **salt and pepper**.



9. Wash up and clean down your surfaces.

Pitta Pizza

- Ingredients
- 2 pitta breads
- Tomato puree
- 30g cheese (to grate in lesson)
- Toppings (chop in lesson)
- A container



1. Set your oven and prepare your baking tray with paper. Lay your pitta breads on top of the paper.

Bridge



Claw



2. Using your knife skills (bridge and claw) and a white/green chopping board, prepare your toppings.



3. Grate your cheese.



4. Spread your tomato onto your pitta breads with the round blade knife.



5. Sprinkle your cheese on to your pizza. Add your toppings.



6. Add any herbs to your pizzas.



7. Bake for 15 minutes or until golden.



8. Wash up and clean down your surfaces.

Palmiers

- **Ingredients**

- 1 roll of puff pastry
- Tomato paste
- 100g cheese
- A container



1. Set your oven and prepare your baking tray with paper.



2. Grate your cheese.



3. Lightly flour your surface and roll out your pastry to the size of an A4 sheet of paper.



4. Spread your tomato onto your pastry with the round blade knife.



5. Sprinkle over your cheese. Add herbs and pepper.



6. Roll up both sides of your pastry to meet in the middle.



7. Cut the rolled up pastry into 12 slices.



8. Arrange these on your tray and glaze with egg.



9. Bake for 15-20 minutes or until golden and puffed.

Cheese Scones

• Ingredients

- 225g Self raising flour
- 1tsp baking powder
- 55g hard butter
- 100g cheddar cheese
- 110ml milk

A container



1. Set your oven and prepare your baking tray with paper.



2. Grate your cheese.



3. In a large bowl, add the self raising flour and baking powder.



4. Add the butter to the flour mixture and using your fingertips, rub together until breadcrumbs form.



5. Add the grated cheese and mix in with your knife then add the milk and mix.



6. Bring the dough together with your hands and place the dough on your floured desk.



7. Pat the dough down and cut out rounds and place on your tray.



8. Glaze your scone with egg wash.



9. Bake for 10-15 minutes or until golden and raised.

Italian Frittata

- 3 eggs
- A splash of milk (ask!)
- 30g cheese
- Fillings of choice: eg ham, pepper, mushrooms, peas, cooked sausage, spinach, spring onion, courgette etc.
- A container



1. Set your oven and prepare your round baking tin



2. Chop/dice your fillings into small pieces



3. Add your fillings to your round baking tin



4. Grate your cheese onto your chopping board



5. One at a time crack eggs into a small bowl then add to a jug.



6. Add a splash of milk to the eggs in the jug and whisk up



7. Pour the egg mixture into your round baking tin



8. Add the grated cheese to the top



9. Bake for 20-25 minutes or until set and golden

Chocolate Chip Cupcakes

- 2 egg
- 100g caster sugar
- 100g self raising flour
- 100g soft butter spread
- Packet of chocolate chips
- 12 cupcake cases

A container



1. In a large bowl, cream the **butter** and **sugar** until pale and fluffy.



2. Crack the **eggs** into a jug and whisk up with a fork.



3. Add the **eggs** a bit at a time and mix in thoroughly.



4. Sieve in the **flour** then fold in gently.



5. Add your chocolate chips and mix together.



6. Line the tray with cases.



7. Using two spoons, divide the mixture evenly into the cases.



8. Bake for 20 minutes or until golden.



9. Remove the cakes safely and let them cool