

Year 6 Recipe Booklet

Monday Group

- We split our Food and nutrition lessons between theory lessons (not cooking) and practical lessons (cooking). Below are the order of the lessons for this project. Students only need to bring in ingredients where the recipe name is stated. **They do not need to bring ingredients in for theory lessons.**
- In year 6 we will develop practical skills in our practical lessons as well as learning about the basics of nutrition and diet in our theory lessons.



Week	Lesson / Recipe
Oct 30th - Nov 3rd	INSET DAY
Nov 6th - Nov 10th	No ingredients required
Nov 13th - Nov 17th	Marble cake
Nov 20th - Nov 24th	No ingredients required
Nov 27th - Dec 1st	Pasta salad
Dec 4th - Dec 8th	Ragu sauce
Dec 11th - Dec 15th	Xmas lessons
Xmas Holidays	

Keep
me
safe

Name:

Day I have Food and Nutrition:

Important information for parents and guardians:

- 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

Marble Cake

Ingredients

- 100g caster sugar
- 100g butter spread
- 100g self raising flour
- 2 eggs
- 1tbsp cocoa powder
- Large container



1. Set the oven and line the cake tin.



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



3. Crack the **egg** into a jug and whisk up with a fork.



4. Add the **egg** a bit at a time and mix in thoroughly.



5. Sieve in the **flour** and then fold in gently.



6. Add **half** the mixture into the lined cake tin in spaced out blobs.



7. Add the **cocoa powder** to the bowl and mix. Add the chocolate mixture to your cake tin.



8. Swirl your cake mixture to make the marble effect.



9. Place on a baking tray and bake for **20-25 minutes** or until springy.

Pasta salad

- **Ingredients**
- 75g pasta shapes
- 2 spring onions
- ¼ cucumber
- 1 pepper
- Cheese
- 1 tin of sweetcorn
- Suitable container



1. Add ½ a pan of hot water to a large saucepan and set to heat 6.



2. When the water boils, add the pasta and cook for 10 minutes or until soft.



3. Whilst the pasta boils, cut your salad ingredients up evenly.



4. If you need to drain your sweetcorn, use a sieve over the sink.



5. When ready, drain your pasta down the plughole with a colander, then run cold water over the pasta.



6. Add the cold pasta and chopped salad ingredients to your container,



7. Add any herbs or seasoning.



8. Wash up

Tip:

Check whether your pasta is cooked with a fork. If it's soft, it's done!

Ragu sauce

- 1 tin chopped tomatoes
- 1 onion
- 1 pepper
- Dried herbs
- 1 garlic clove
- 1 stock cube
- Suitable container



1. Open the tin of tomatoes



2. Peel and crush the garlic and place on your board.



3. Dice and onion and chop the pepper into small pieces and place on your board.



4. Crush your stock cube into a jug and make **125ml** of stock with boiling water.



5. Sauté the onion and pepper **for 5 minutes** in a pan on **heat 4 or 5.**



6. Add the tomatoes, stock, herbs and garlic to the pan.



7. Simmer on a **heat 3 or 4** for **15-20 minutes.**



8. Wash up whilst the ragu simmers.



9. Season your sauce and turn off the heat. Transfer your sauce to your box.