

Year 7 Recipe Booklet

- 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 7 we will develop cooking skills in our practical lessons as well as learning about different dietary needs (eg allergies, intolerances, vegetarianism and veganism).



Week	Lesson / Recipe
Oct 30th - Nov 3rd	No ingredients required
Nov 6th - Nov 10th	Mince and lentil curry
Nov 13th - Nov 17th	Bread rolls
Nov 20th - Nov 24th	Pizza
Nov 27th - Dec 1st	No ingredients required
Dec 4th - Dec 8th	Apple turnovers
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 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

Mince and lentil curry

Ingredients

- 100g mince (beef, lamb, turkey, Quorn)
- 1 onion
- 1tbsp curry powder (any)
- ¼ tsp Chilli flakes/powder
- 1 garlic clove
- Can of lentils (not dried)
- Handful of spinach
- Small can (227g) of chopped tomatoes or passata
- Stock cube
- Container



1. Open the tin of tomatoes.



2. Dice the onion finely. Peel and crush the garlic.



3. Add the stock cube to a jug and make **100ml** of stock.



4. Drain the lentils in a sieve over the sink, rinse and pour into a small bowl.



5. Add 1tsp of oil to a pan, set to **heat 5** and sauté the onion for **5 minutes**.



6. Add the mince to the pan and brown it.



7. Add the curry powder and chilli flakes and mix into the pan.



8. Add the chopped tomatoes, garlic, lentils and stock.



9. Leave to simmer for **12 minutes** then add the spinach and allow to wilt (**approx. 5 minutes**)

Shaped Rolls

- Ingredients
- 250g strong plain flour
- 20g hard butter
- 1 packet of yeast
- ¼ tsp salt (school has)
- Optional flavouring (eg tiny pieces of olives, spring onion, herbs, grated cheese)
- A large container

- Tbsp. = Tablespoon
- Tsp. = Teaspoon



1. Add the **flour** and **butter** to a large bowl and rub together to form breadcrumbs.



1. Add the yeast and salt.



2. **Slowly** add **warm water**. Using a round blade knife, form a dough.



3. Bring together the dough with your hands into a ball



5. Knead the dough on a lightly floured desk for **5 minutes**



6. Divide the dough into 5-6 equal pieces.



7. Use the instruction sheets to shape the rolls. Place these on a lined baking tray.



8. Glaze with beaten egg. Place rolls in the cold oven.



8. Once ALL the rolls are in the oven, set to **210°C** and bake for **20-25 minutes**.

Pizza

Ingredients

- 200g bread or flour
- 1tsp yeast
- 12tbsp. warm water
- ¼ tsp salt
- 1tbsp. Tomato paste
- Mozzarella
- Container



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



2. Add the flour, yeast and salt to a bowl. Add 12tbsp. Of water slowly and bind with a round blade knife.



3. Bring together into a soft ball with your hands.



3. Lightly flour the surface, knead your dough for 5 minutes until stretchy.



5. Roll out the dough to form a circle and lift to lay on your baking tray.



6. Spread your tomato paste all over the base.



7. Open the mozzarella, drain the water down the plug hole then tear up and add to your pizza.



8. Season with herbs and add any other toppings.



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

Apple Turnovers

- 1 pack ready rolled pastry
- 1 egg
- 1 large cooking apple or 2 eating apples
- 25g sugar

Remember a container!



1. Set the oven.
Prepare a baking tray.



2. Peel and core the apples, chop into small dice.



3. Put the apples in a saucepan and add your sugar.



4. Cook the apples for 5 minutes or until soft on heat 4



5. Transfer the apples to a plate/bowl to **cool completely**.



6. Wash up your pan and put away.



7. Flour the surface and use the template to cut out squares.



8. Crack your egg into a bowl and whisk up with the pastry brush.



9. Add filling to each square, fold and use egg and a fork to seal up the pastry.



10. Place on the tray, glaze each pastry and bake for 20-25 minutes until golden.