

Year 7 Recipe Booklet

Term 5 THURSDAY

- 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 beginning	Lesson / Recipe
13 th April	No ingredients required
20 th April	No ingredients required
27 th April	Spaghetti Bolognese
4 th May	Macaroni cheese
11 th May	Holne Park / Activity week
18 th May	Sports Day
Half term	

Name:

Day I have Food and Nutrition:

Important information for parents and guardians:

- Students are advised to bring their ingredients to the Food classroom after the first bell sounds to be put into storage or placed in the fridge until lesson time.
- Please provide a suitable named container for all lessons.
- Students are 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. Any un-named containers will be repurposed after a week.
- We advise that all meat/dairy based products are fully reheated to 75°C or above either in the microwave or the oven/hob.
- 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 realise in the current economic climate that some families may find supplying the ingredients a challenge. If your child receives pupil premium funding 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

Bolognese sauce

Ingredients

- 250g minced beef
- 1 small onion
- 50g mushrooms
- 1 tin chopped tomatoes
- 1 tsp mixed herbs
- 1 stock cube
- 1tsp. Tomato puree
- 1 garlic clove
- Salt and pepper



1. Open the tin of tomatoes.



2. Dice the onion using the new technique.



3. Peel and crush the garlic on to your chopping board. Chop the mushrooms into small chunks.



4. Sauté your onions on **heat 5** until softened – takes about **5 minutes**.



5. Add the mince and stir constantly until it turns brown all over.



6. Add the mushrooms and cook for **3 minutes**



7. Add the chopped tomatoes, tomato paste, garlic and herbs. Crumble in the stock cube.



8. Leave to simmer on **heat 3 or 4 for 15 minutes**. Wash up.



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

Macaroni Cheese

Ingredients

- 100g pasta
- 250ml milk
- 25g butter
- 25g plain flour
- 75g cheese

Roux = sauce base made of flour and butter



1. Half fill a pan of hot water and boil the pasta for **10-12 minutes. Heat 6.**



2. Melt the butter in a second pan on **heat 3**. Then add the flour and whisk to form the roux.



3. Slowly add $\frac{1}{4}$ of the milk and whisk to form a smooth runny paste.



4. Slowly add the rest of the milk, whisk continuously.



5. Keep whisking your sauce until thick.



6. Add the grated cheese to your sauce. When it melts, turn the heat off.



7. Season your sauce with salt, pepper and herbs. Remember, cheese is salty already!



8. Test your pasta is ready, then drain the pasta in a colander in the sink.



9. Add the pasta to the sauce, mix and transfer to your container.