

Year 6 Recipe Booklet

Term 1

- 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 beginning	Lesson / Recipe
31 st August	No lessons
7 th September	No ingredients required
14 th September	Cheese straws
21 st September	Scone swirls
28 th September	Bread and butter pudding
5 th October	No ingredients required
12 th October	Toad in the hole
19 th October	Apple crumble
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

Cheese straws

- 100g plain flour
- ½ tsp of mustard powder
- 50g BLOCK butter
- 50g cheese
- 4 tbsp cold water



1. Set the oven.
Line a baking tray with paper.



2. Using the rubbing in method, rub the butter, flour and mustard powder together.



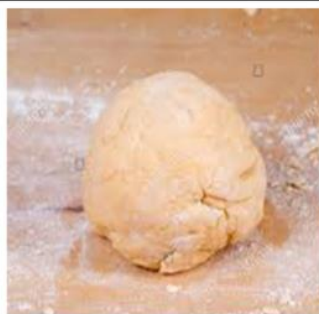
3. Grate the cheese and add it to your mixture.



4. Add 4 tbsp. of cold water to the mixture.



5. Mix the dough together with a palette knife.



6. Sprinkle flour on the surface and form dough into a ball.



7. Roll out the dough into a rectangle.



8. Slice the rectangle into even strips and place on your tray.



9. Bake for 10 minutes or until golden.

Scone swirls

- **Ingredients**
- 225g Self raising flour
- 40g Hard butter
- ¼ Tsp Salt
- 120ml Milk
- 2 Tbsp tomato paste
- 30g grated cheese
- Large container



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



2. In a large bowl, add the self raising flour, salt and butter.



3. Rub together until breadcrumbs form.



3. Slowly add the milk and stir with a round blade knife to form a dough. Bring together gently into a ball.



5. Flour the surface and roll the dough to a rectangle (the size of A4 paper).



6. Spread your tomato paste all over the rectangle, then sprinkle over your cheese.



7. Roll up the rectangle in a tight roll.



8. Slice the roll evenly then place on the baking tray. Brush each with beaten egg.



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

Fruity chocolate bread and butter pudding

• Ingredients

- 30g sugar
- 3 slices of bread
- 220ml milk
- 1 egg
- 20g butter
- 1tsp vanilla
- 50g of blueberries, raspberries or similar seasonal fruit.
- Chocolate chips



1. Set the oven and set up your equipment.



2. On a chopping board, cut the crusts off each piece of bread and cut in half.



3. Make 3 sandwiches with the butter then cut them again in half.



4. Rub the leftover butter inside your silver dish then arrange your sandwiches, point up.



5. Sprinkle the chocolate chips and fruit into your dish.



6. In a jug, crack the egg, add the milk, sugar and vanilla and mix well with a fork.



7. Pour this liquid mixture into your silver dish.



8. Place on baking tray. Bake for **20 minutes** or until the filling is set and golden.

Toad in the hole

Ingredients

- 50g plain flour
- 75ml milk
- 1 egg
- 2 sausages



1. Set the oven.



2. In a silver dish, add **1tsp** of vegetable oil.



3. Place your sausages in the dish. Then place the dish on a baking tray and bake for **10 minutes**.
Wash your hands.



4. In a large bowl, add the flour.



5. Crack the egg into a small bowl then pour into the flour and whisk to form a paste.



6. Slowly pour in the milk, whisking all the time.



7. After **10 minutes**, remove your dish from the oven and carefully pour in the pancake batter.



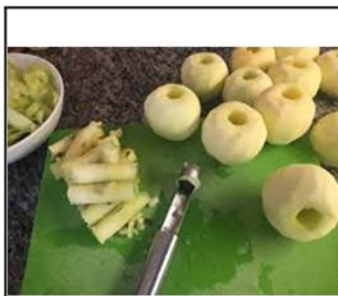
8. Bake the toad in the hole for **25-30 minutes** or until golden and puffed.



9. Wash up. Name your silver dish lid and write on the heating instructions with a Sharpie.

Apple Crumble

- 80g plain flour
- 50g butter
- 30g oats
- 40g sugar
- 2 cooking apples
- School provides a recyclable dish



1. Peel and core the apples.



2. Chop the apples into small chunks.



3. Put the apples in a saucepan and add $\frac{1}{2}$ your sugar.



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



5. Transfer the apples to your silver dish



6. Wash up your pan and other apple equipment.



7. Rub together the butter and flour in a bowl to form crumbs.



8. Add the sugar and oats to the topping.



9. Add the topping to your dish and cover.