

Year 7 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 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
31 st August	No ingredients required
7 th September	Bolognese
14 th September	Egg fried rice
21 st September	No ingredients required
28 th September	Macaroni cheese
5 th October	No ingredients required
12 th October	Pasta bake
19 th October	Mince and lentil curry
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.

Egg fried rice

Ingredients

- 1 garlic clove
- 2 spring onions
- 1 carrot
- 1 pepper
- 40g peas
- Soy sauce
- 100g rice
- 1 egg



1. Half fill a pan with hot water and set to boil on **heat 5**.



2. Add the rice and boil for **10 minutes**. Once soft, drain over the sink with a colander.



3. Slice the spring onions, peel and dice the carrot, chop the pepper into dice.



4. Peel and crush the garlic on to your board.



5. Set a wok (with 1tsp oil) to **heat 5**. Add the vegetables (not peas) and garlic. Stir fry for **5 minutes**.



6. Add the peas and the cooked rice.



7. Make a well in the middle of the stir fry and add the egg. Let it cook through.



8. Mix up the egg into the rice and add the soy sauce.



9. Season with salt and pepper and serve.

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.

Tuna Pasta Bake

Ingredients

- 100g pasta
- 250ml milk
- 25g butter
- 25g plain flour
- Tin of tuna
- Sweetcorn
- 40g peas
- 30g cheddar



1. Open the tin of tuna and sweetcorn



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



3. Melt the butter in a second pan. Heat 3. Then add the flour and whisk.



4. Slowly add the milk, whisking it until smooth.



5. Keep whisking your sauce until thick.



6. Drain the tuna and sweetcorn in the sink and add them to your sauce. Then add peas.



7. Drain the pasta in the sink then add it to your sauce. Transfer it all to your dish.



8. Add grated cheese to the top.



9. Place on a baking tray and bake for 20 minutes.

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**)