# Year 5 Recipe Booklet

## Term 2

- 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 5 we introduce students to our kitchen routine, basic knife skills and build confidence with using the oven.



| Week beginning | Lesson / Recipe |
|---|---|
| 2nd November | Palmiers |
| 9th November | Tinned crumble |
| 16th November | No ingredients required |
| 23rd November | Scones |
| 30th November | Banana cake |
| 7th December | No ingredients required |
| 14th December | Shortbread |
| Christmas Holidays | |

**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 to will 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*

# Palmiers



- **Ingredients**
- 1/2 pack puff pastry
- Tomato paste
- 100g cheese






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



2. Grate your cheese.



3. Lightly flour your surface and roll out your pastry to the size of an A4 sheet of paper.



4. Spread your tomato paste onto your pastry with the round blade knife.



5. Sprinkle over your cheese. Add herbs and pepper.



6. Roll up both sides of your pastry to meet in the middle.



7. Cut the rolled up pastry into 12 slices.



8. Arrange these on your tray and glaze with egg.




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

# Tinned Fruit Crumble

65g plain flour
40g butter
20g oats
20g sugar
Tin of fruit, or a variety of tinned fruit (two small tins)
School provides a recyclable dish

Fruit that works well: Tinned pears, peaches, apples, mango, pineapple rings










1. Set the oven



2. Open your tin (or bring over for opening)



3. Drain the liquid out of the tin into the measuring jug using the sieve



4. Chop the fruit into chunks on the chopping board



5. Arrange the fruit in your silver dish and add 2 tbsp of the juice



6. Rub together the butter and flour in a bowl




7. Add sugar and oats to the topping in the bowl



8. Sprinkle the topping onto the fruit with your Tbsp




9. Place the dish on the baking tray (2 people's) and bake

# Scones

- **Ingredients**
- 225g Self raising flour
- 1tsp baking powder
- 55g hard butter
- 40g caster sugar
- 110ml milk






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



2. In a large bowl, add the self raising flour and baking powder.



3. Add the butter to the flour mixture and using your fingertips, rub together until breadcrumbs form.




4. Add the sugar and mix in with your knife then add the milk and mix together.



5. Bring the dough together with your hands and place the dough on your floured desk.



6. Pat the dough down and cut out rounds and place on your tray.



7. Glaze your scone with egg wash.




8. Bake for 15-18 minutes or until golden and raised.

# Banana cake

- 100g self raising flour
- 100g caster sugar
- 100g soft butter spread
- 2 eggs
- 1 soft banana
- Optional – 20g raisins/sultanas, 50g chocolate chips,
- A large container






1. In a large bowl, add the butter spread, flour and sugar.



2. Crack the **eggs** into a small bowl and check for shell.



3. Add the **eggs** to the large bowl.



4. Using a wooden spoon, beat the ingredients until the mixture is smooth.



5. Using a fork, mash the banana thoroughly on a plate.



6. Mix the banana into the cake mixture with any extras.



7. Carefully pour the mixture into your cake tin and spread it evenly.




8. Place on a baking tray. Bake for 25-30 minutes or until golden.



9. Test the sponge with the bounce test and allow to cool.

# Shortbread

- 150g (6oz) butter
- 100g (4oz) caster sugar
- 200g (8oz) plain flour
- Pinch of salt (mix into flour)
- Any extras, eg choc chips, raisins, diced dried apricots
- A container






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



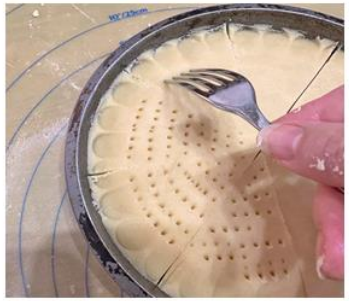
2. Sieve in the flour then mix in gently. Add the pinch of salt.



3. Add your extras, e.g. chocolate chips and mix into the dough gently.



4. Press the mixture into the round tin, it should be even in height.



5. Using your fork, add dots to your shortbread.




6. Place your round tin on a baking tray. Bake for 20 minutes or until golden.



7. Whilst the shortbread is hot, use a sharp knife to make clean cuts to divide the shortbread into 8 equal pieces.



9. Let the shortbread cool in the tin, then gently remove.