Year 6 Recipe Booklet

Term 2 TUESDAY

- 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
2nd November	No ingredients required
9th November	Pasta salad
16th November	Ragu sauce
23rd November	No ingredients required
30th November	Flapjacks
7th December	Shortbread
14th December	No ingredients required (Christmas lunch in school)
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

Pasta salad

- **Ingredients**
- 75g pasta shapes
- 3 spring onions
- ¼ cucumber
- 1 pepper
- Cheese (eg cheddar, mozzarella, feta)
- 1 tin of sweetcorn
- Suitable container



1. Add ½ a pan of hot water to a large saucepan and set to heat 6.



2. When the water boils, add the pasta and cook for 10minutes or until soft.



3. Whilst the pasta boils, cut your salad ingredients up evenly.



4. If you need to drain your sweetcorn, use a sieve over the sink.



5. When ready, drain your pasta down the plughole with a colander, then run cold water over the pasta.



6. Add the cold pasta and chopped salad ingredients to your container,



7. Add any herbs or seasoning.



8. Wash up

Tip:

Check whether your pasta is cooked with a fork. If it's soft, it's done!

Ragu sauce

- 1 tin chopped tomatoes
- 1 onion
- 1 pepper
- Dried herbs
- 1 garlic clove
- 1 stock cube



1. Open the tin of tomatoes



2. Peel and crush the garlic and place on your board.



3. Dice and onion and chop the pepper into small pieces and place on your board.



4. Crush your stock cube into a jug and make **125ml** of stock with boiling water.



5. Sauté the onion and pepper **for 5 minutes** in a pan on **heat 4 or 5**.



6. Add the tomatoes, stock, herbs and garlic to the pan.



7. Simmer on a **heat 3 or 4** for **15-20 minutes.**



8. Wash up whilst the ragu simmers.



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

Flapjacks

- 150g butter
- 75g brown or caster sugar
- 3tbsp (60g) golden syrup
- 250g porridge oats
- Any extras, eg choc chips, raisins, diced dried apricots, pumpkin seeds, finely diced apple or pear.
- School provides a round aluminium tin that will be covered by foil.



1. Set your oven.



2. Add your oats and "extras" to your large bowl.



3. In your pan, add the syrup, butter and sugar.



4. Set the hob to **heat 3**. Stir until the ingredients have melted together.



5. Tip the melted ingredients from the saucepan into the large bowl. Mix together gently until combined.



6. Tip the flapjack mixture into your round tin and gently press down with your wooden spoon and spatula.



7. Place the tin on a baking tray and bake for 25 minutes.



9. Allow to cool in the tin. Then slice with a sharp knife.

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.



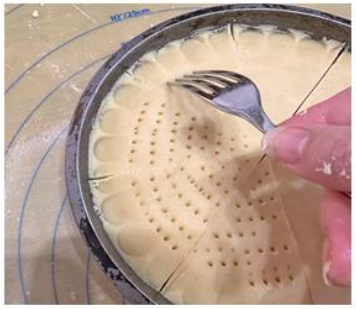
2. Sieve in the flour then mix in gently. Add the pinch of salt.



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.