Year 7 Recipe Booklet

Term 2 FRIDAY

- 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
2nd November	Rolls
9th November	Pizza
16th November	No ingredients required
23rd November	Turnovers
30th November	No ingredients required
7th December	Xmas shortbread
14th December	No ingredients required
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

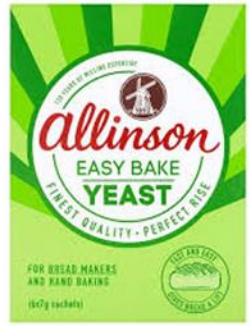
Shaped Rolls

- Ingredients
- 250g strong plain flour
- 20g hard butter
- 1 packet of yeast
- ¼ tsp salt (school has)
- Optional flavouring (eg tiny pieces of olives, spring onion, herbs, grated cheese)
- A large container

- Tbsp. = Tablespoon
- Tsp. = Teaspoon



1. Add the flour and butter to a large bowl and rub together to form breadcrumbs.



1. Add the yeast and salt.



2. **Slowly** add warm water. Using a round blade knife, form a dough.



3. Bring together the dough with your hands into a ball



5. Knead the dough on a lightly floured desk for **5 minutes**



6. Divide the dough into 5-6 equal pieces.



7. Use the instruction sheets to shape the rolls. Place these on a lined baking tray.



8. Glaze with beaten egg. Place rolls in the cold oven.



8. Once ALL the rolls are in the oven, set to **210°c** and bake for **20-25 minutes**.

Pizza

Ingredients

- 200g Plain or bread flour
- 1tsp yeast
- 120ml warm water
- ¼ tsp salt
- 1tbsp. Tomato paste
- Mozzarella
- Container





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



2. Add the flour, yeast and salt to a bowl. Add 120ml of warm water slowly and bind with a round blade knife.



3. Bring together into a soft ball with your hands.



3. Lightly flour the surface, knead your dough for 5 minutes until stretchy.



5. Roll out the dough to form a circle and lift to lay on your baking tray.



6. Spread your tomato paste all over the base.



7. Open the mozzarella, drain the water down the plug hole then tear up and add to your pizza.



8. Season with herbs and add any other toppings.



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

Apple Turnovers

- 1 pack ready rolled pastry
- 1 egg
- 1 large cooking apple or 2 eating apples
- 25g sugar

Remember a container!





1. Set the oven. Prepare a baking tray.



2. Peel and core the apples, chop into small dice.



3. Put the apples in a saucepan and add your sugar.



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



5. Transfer the apples to a plate/bowl to **cool completely**.



6. Wash up your pan and put away.



7. Flour the surface and use the template to cut out squares.



8. Crack your egg into a bowl and whisk up with the pastry brush.



9. Add filling to each square, fold and use egg and a fork to seal up the pastry.



10. Place on the tray, glaze each pastry and bake for 20-25 minutes until golden.

Festive Shortbread

- 150g (6oz) butter
- 100g (4oz) caster sugar
- 200g (8oz) plain flour
- Pinch of salt (mix into flour)
- 1 orange
- Half bag of chocolate chips





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. Zest the orange and add it to your mixture. Then gently add the chocolate.



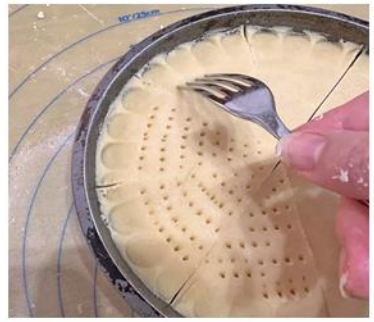
4. Press the mixture into the round tin, it should be even in height.



5. Use the back of a spoon to smooth out the dough.



6. Using the end of the spoon, make a decorative edge.



7. Using a knife, gently cut the lines for the slices. Then use your fork to decorate the shortbread.



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



9. Carefully cut the slices again with a knife. Hold the tray with oven gloves.