



# Rainbow of Health

## Recipe Booklet

### Year 7

Class of 20\_\_

# WELCOME!

**Welcome** to your very own copy of the Year 7 recipe booklet, containing all the recipes you have made in Food Tech this year.

We hope that you will use these recipes **at home** and feel free to **experiment** and make them your own! Bring in a photo of your creations (and of you making them) and we will reward you with **+5 points** 😊

## **A few things to consider...**

- Always **check with an adult** before you plan to cook.
  - **Read the recipe** and make sure you have everything you need.
  - Feel free to **experiment**, try adding different ingredients.
- Remember to **make a note** on the recipe of what you have done in case you want to recreate it!
- **Get together everything you need before you start** and **preheat the oven** if using.
  - Wear an **apron**, **Tie back** long hair and remove **Jewellery**.
  - Use **Oven gloves**.
  - **TIDY UP** at the end! **STACK - WIPE - WASH**

**HAPPY COOKING!**

**Mrs Amodio, Mrs Cole, Ms Lloyd & Mrs Minnis**

## HANDY CONVERSION CHARTS

Tablespoon	tbsp	15ml
Dessert spoon	dsp	10ml
Teaspoon	tsp	5ml

<i>GAS MARK</i>	<i>ELECTRIC</i>	<i>ELECTRIC FAN</i>
1	140°C	120°C
2	150°C	130°C
3	170°C	150°C
4	180°C	160°C
5	190°C	170°C
6	200°C	180°C
7	220°C	200°C
8	230°C	210°C
9	240°C	220°C

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# FRUIT SALAD

INGREDIENTS	AMOUNT
Satsuma or Clementine or orange	1
Grapes (red or green or both)	Approx 12
Kiwi fruit	1
Banana	1
Apple or pear	1
Raisins	Approx 6
Orange juice	2 dsp

## Equipment:

Chopping board  
Sharp knife  
Peeler  
Small bowl  
Dessertspoon  
Waste bowl

## Notes:

- These fruits can be varied, but in the interest of time use **similar equivalents**. (perhaps a slice of melon or pineapple)
- If using alternatives try to stick to **seasonal fruits** e.g. strawberries/cherries in the summer. They are cheaper and tastier!

## METHOD

1. Tie hair up, put apron on and wash hands.
2. Collect all your equipment.
3. Wash any fruit that is **not** going to be peeled.
4. Prepare fruit using bridge and claw techniques as seen in the demonstration.

Peel the Clementine and separate into segments.

Cut the grapes in half and remove any seeds.

Peel the kiwi fruit and slice.

Peel the banana and slice.

Quarter the apple or pear, remove the core and slice.

5. Place apple, pear and banana into the orange juice as they are cut, this will help slow the oxidisation (fruit going brown) process.
6. Mix all prepared fruits together carefully and serve.
7. **STACK** used equipment at the dirty end of the sink (not the draining board)
8. **WIPE** your work surfaces.
9. **WASH** in hot soapy water, dry up and have equipment checked before putting away.

# PASTA SALAD

INGREDIENTS	AMOUNT
Dried Pasta Shapes	40g
Spring Onion	1
Carrot	$\frac{1}{2}$
Red Pepper	$\frac{1}{4}$
Protein Food: Cheese, Ham, Tuna.	25g
Mayonnaise	1 tbsp
Fresh herbs - parsley	
Salt & Black Pepper	Pinch

## EQUIPMENT:

Large saucepan & Lid  
Colander  
Cheese Grater if using cheese!  
Tablespoon  
Chopping Board & Sharp Knife  
Potato Peeler  
Waste bowl

## METHOD

1. Check you are organised before you start to cook!  
Put on an apron and wash your hands.  
Get all the equipment you will need.
2. Set up cooking space with a chopping board & a rubbish bowl.
3. Fill saucepan  $\frac{1}{2}$  full with water and bring to boil, back hob on high.
4. Wash the vegetables. Peel if necessary.  
Cut vegetables neatly using correct techniques.
5. Prepare the protein food .e.g. grate cheese
6. Once the water is boiling add the pasta, Cook (simmer) for 10 - 12 minutes until al dente.
7. Drain in a colander and refresh under cold water.
8. In a serving dish, assemble the pasta salad by mixing all the prepared ingredients together carefully with the mayo and herbs. Serve!
9. STACK ~ WIPE ~ WASH
10. Get equipment checked before putting away.

# HIGH FIBRE FRUIT CRUMBLE

INGREDIENTS	AMOUNT
Plain or Wholemeal Flour	25g
Rolled Oats	25g
Butter or Margarine	25g
Extra Topping ingredient: pumpkin, sesame or sunflower seeds	2 tsp.
Caster Sugar	25g
Cooking Apples or other seasonal fruit.	1 Medium
Dried apricots	1 - 2 tbsp
Granulated Sugar	25g

## EQUIPMENT

Rubbish Bowl  
Chopping Board  
Vegetable Peeler  
Knife  
Medium sized Pan and Lid  
Tablespoon  
Medium Mixing Bowl  
Sieve  
Foil or Ovenproof Dish

**OVEN:** Gas Mark 4.  
Electric Fan 160°C

Don't forget to collect all the **equipment** you will need and to **turn the oven on** before you Start!

## METHOD

### **Prepare the fruit:**

1. Chop the dried apricots. Peel the apple and slice it evenly.
2. Place the sliced apple in a pan with 1tbsp. of water and 25g granulated sugar. Cook gently for about 4 minutes until the fruit has softened slightly. Then add chopped apricots. Place the fruit in a foil dish.

### **Prepare the crumble topping:**

1. Sieve the flour into a mixing bowl
  2. Rub in the butter with your fingertips until the mixture resembles fine breadcrumbs. Be careful you don't over rub the mixture! (Rub rub drop/fairy fingers!)
  3. Add the oats and 25g caster sugar, stir together.
  4. Spoon the crumble mixture evenly over the fruit and lightly press it down lightly. Sprinkle on the seeds.
  5. Bake for 20 minutes until the fruit is soft and the top is crisp and golden.
  6. While the crumble is cooking, **stack, wipe and wash!**
- Don't forget to leave out the clean equipment for checking and ensure that the sink and Surfaces are left spotless.  
Put the equipment back in the correct storage place once it has been checked.

# DESIGN A PIZZA TOAST

## INGREDIENTS

STARCHY FOOD	VEGETABLES/HERBS/FRUIT	PROTEIN FOODS	CHEESE
Baguette, crumpet, muffin, naan, pitta or roll	Basil, broccoli, carrot, courgette, mushrooms, olives, onion, oregano. Pepper - green, red or yellow Pineapple, rocket, rosemary, spinach, spring onion, sweetcorn, thyme, tomato or tomato puree.	Anchovies Cooked chicken Ham Pepperoni Tuna	Cheddar Edam Goats cheese Mozzarella Parmesan Ricotta
Choose 1 ingredient from this column.	Choose 2 - 3 ingredients from this column.	Choose 1 ingredient from this column.	Choose 1 ingredient from this column.

### Equipment:

Baking tray  
Sharp knife  
Chopping board  
Cheese grater  
Waste bowl  
Oven-gloves

## METHOD

1. Wash hands and put apron on.
2. Collect ingredients and equipment.
3. Turn on the grill.
4. Chop ingredients using bridge and claw methods.
5. . Grate cheese.
6. Toast 1 side of the bread.
7. Remove toast from grill with oven gloves. Turn toast over and assemble pizza toppings on the untoasted side of the bread.
8. Grill until cheese has melted and bubbling and bread is toasted.

### 9. STACK ~WIPE ~ WASH

**Stack** all your washing up at the dirty end of the sink, **wipe** the work surfaces, then **wash**, and dry all the equipment you have used.

Once your equipment has been checked, put it back in the correct storage places.

# CHEESY HERBY BREAD

INGREDIENTS	AMOUNT
Self raising flour	150g
Baking powder	1 tsp
Red Leicester cheese (Any hard cheese will work)	100g
Fresh herbs e.g. rosemary/chives/thyme	2 tbsp.
Natural yoghurt	100ml
egg	1 egg

## Equipment:

Large bowl  
Grater  
Plate  
Kitchen scissors  
Wooden spoon  
Flour dredger  
Sharp knife  
Baking tray  
Cooling Rack

Oven: 180°C Gas Mark 4

~ Makes 1 loaf ~

## METHOD

Prepare your work area and get yourself ready for your practical lesson.

Collect the equipment you will need and don't forget to put on the oven!

1. Strip the thyme leaves off the stalk, Snip the chives and Rosemary into tiny pieces into the flour.
2. Grate the cheese onto a plate.
3. Add the baking powder and cheese to the flour and herbs in the bowl.
4. Add egg and natural yoghurt to the flour mixture and stir well until combined to form soft dough.
5. With your hands compact the dough and form a round large roll/loaf shape on a floured surface.
6. Place the loaf on a lined baking tray and lightly score the top with a sharp knife.
7. Bake for approx 15 minutes until golden brown. Tap the base - it is done if it is dry and sounds hollow.
8. Tear and share whilst it's still warm!

**While the bread is cooking, stack, wipe and wash!**

- Don't forget to leave out the clean equipment for checking
- Put the equipment back in the correct place once it has been checked.
- Wash-up and dry the baking tray.
- Put the baking tray back in the correct storage place once it has been checked.
- Ensure that the sink and work surfaces are left spotless.

# YUMMY COOKIES

INGREDIENTS:	AMOUNT
Margarine	50g
Caster sugar	50g
Golden syrup	1 dsp
Self-Raising flour	75g
Porridge oats	25g
<b>Optional Extras:</b>	
Dried apricots, cherries or sultanas	50g

## Equipment:

Wooden spoon  
Mixing Bowl  
Tablespoon  
Chopping Board  
Sharp Knife/food  
scissors  
Baking tray  
Fork

~Makes 6 cookies ~

Oven: 190°C or Gas mark 5

## METHOD

1. Wash your hands and put on an apron. Collect all the equipment you will need. Don't forget to preheat the oven!
2. In a mixing bowl, cream margarine and sugar together until light and fluffy.
3. Add golden syrup, flour and oats.
4. Add in any extra ingredients chopped into bite size pieces if necessary. Mix well.
5. Make into approx 6 small balls and put onto a greased baking tray, flatten slightly with a fork
6. Place in the oven for approx. 8 - 10 minutes or until very lightly browned.
7. Leave to cool for a few minutes. Then place on a cooling rack.
8. Whilst the cookies are baking, **stack, wipe and wash!**
9. Remember to **stack** the washing-up at the dirty side of the sink. **Wipe** your area and then **wash-up**. Dry up and put the items on the clean work surface for checking.

# WORMY SPAGHETTI

INGREDIENTS	AMOUNT
<b>FOR THE SAUCE:</b>	
Small Onion	$\frac{1}{2}$
Stick Celery	$\frac{1}{2}$
Clove of Garlic	$\frac{1}{2}$
Vegetable Oil	1 tbsp.
Tomato Purée	1 tsp.
Tinned Tomatoes	150ml
Fresh Herbs .e.g. Basil, Chives, Rosemary, Thyme.	1 Tbsp.
Bay leaf	$\frac{1}{4}$
Granulated Sugar	Pinch
Carrot	$\frac{1}{2}$
Salt + Pepper	Pinch
<b>TO SERVE:</b>	
Spaghetti -	100g
Spirali -	25g
Cheddar Cheese	20g

## Equipment:

Kitchen Scissors  
Small Bowl  
Sharp Knife  
Green + White Chopping Boards  
Garlic Press  
Cheese Grater  
2 x Medium Pans + Lids  
Wooden Spatula  
Measuring Jug  
Hand-Blender  
Teaspoon  
Colander

## METHOD

1. Collect all the equipment you will need and your ingredients.
2. Fill a medium sized pan  $\frac{1}{2}$  full with water and bring to the boil.
3. Meanwhile, one person to finely dice the onion. The other, to finely dice the celery.
4. Chop or snip the herbs in a small bowl with a pair of kitchen scissors.
5. Heat the oil in a pan. Add the diced onion and celery and gently cook (sweat) with the lid on the pan for 5 minutes until softened.
6. Using a garlic press, crush the garlic and add to the pan.  
Cook for one minute, stirring with a wooden spatula.
7. Add tomato purée, tinned tomatoes, pinch sugar,  $\frac{1}{4}$  bay leaf + chopped herbs.
8. Bring the sauce to the boil and then reduce the heat. Cover the pan with a lid and simmer gently for 10 minutes.
9. Once the water is boiling, add the pasta and cook for 10 - 12 minutes until al dente.

1. Meanwhile, one person grate the carrot. The other, finely grate the cheese.
2. Complete any washing-up!
3. Using a hand-blender, blend the sauce until smooth.
4. Add the grated carrot to the sauce and season with salt and pepper.
5. Check the consistency of the sauce. If it is too thick add a little water, if too thin, reduce the sauce by boiling until thickened.
6. When the pasta is cooked to al dente, drain the pasta over the sink using a colander.
7. Divide the pasta equally between two plates  
Then divide the sauce up equally over the pasta + then sprinkle with cheese.
8. **stack, wipe and wash!**  
Ensure that the sink and surfaces are left spotless.

~ Buon Appetito! ~

# APPLE SPICE MUFFINS

INGREDIENTS	AMOUNT
Self-raising flour	125g
Caster sugar	50g
Eating apple	1
Milk	70ml
Vegetable oil	30ml
Sultanas	25g
egg	One
Mixed spice	Half tsp
Baking powder	Half tsp

## Equipment

Chopping Board - green  
Sharp Knife  
Jug  
fork  
Wooden spoon  
Mixing bowl  
Dessert spoon  
Teaspoon (tsp)  
Muffin tray  
6 Muffin cases  
Cooling rack  
Dish cloth, tea towel & oven gloves

1. Wash your hands and put an apron on.
2. Pre heat your oven to 190C or gas mark 5. Put 6 muffin cases in a muffin tin.
3. In a large bowl sift together all the dry ingredients (Flour, sugar, baking powder and mixed spice). Stir in sultanas.
4. On a green board core and chop your apple into small chunks.
5. In a jug beat the egg with a fork, stir in chopped apple, milk and oil.
6. Pour all the wet mixture into the dry and stir gently, with a tablespoon, to combine. **10 stirs and no more...**

The batter (mixture) will be quite thick as the apples will release juice as they cook.

7. Using a dessert spoon and teaspoon spoon into 6 muffin cases.
8. Bake in the oven for approx. 20 minutes until tops are lightly browned and spring back when pressed gently.

**STACK - WIPE - WASH whilst the muffins are in the oven**

Cool on a cooling rack.

# QUICK BREAD ROLLS /DOUGH BALLS

INGREDIENTS:	AMOUNT
Strong white flour	200g
Sugar	1 tsp
Easy blend yeast	1 tsp
Oil	1 dsp
WARM water	Approx. 100mls or 6 tbsp

## Equipment:

Wooden spoon  
Mixing Bowl  
Teaspoon  
Dessert spoon  
Tablespoon  
Measuring jug  
Baking tray  
Table knife  
Oven gloves

~Makes 4 rolls or 8 doughballs ~

Oven: 180°C Fan or Gas mark 6

## METHOD

1. Wash your hands and put on an apron. Collect all the equipment you will need. Don't forget to preheat the oven!
2. In a mixing bowl add the flour, yeast and sugar, stir together.
3. Make a well in the centre and add the oil and approx. half the water, stir with a table knife.
4. Gradually keep adding and stirring in enough warm water to form a soft but not sticky dough
5. Put the dough onto a lightly floured table and knead for 10mins until smooth.
6. Shape your dough into 4 rolls or 8 dough balls and place on a floured baking tray. Try out different shapes like plaits or knots.
7. Leave to prove (allow the yeast to work) for approx. 15 mins. The longer they prove the better the rise)
8. Bake in the oven for 12 - 15 mins (8 - 10 mins dough balls) until golden brown and hollow sounding when tapped on the bottom.

1. Leave to cool for a few minutes. Then place on a cooling rack.
2. Whilst the rolls are baking, **stack, wipe and wash!**
3. Remember to **stack** the washing-up at the dirty side of the sink. **Wipe** your area and then **wash-up**. Dry up and put the items on the clean work surface for checking.

NOTE: This is a quick bread recipe. Bread is usually proved twice to improve the texture, being 'knocked back' after the first rise. There is no salt in this recipe. Salt is used to control the speed of rising but this does not apply to a quick prove recipe.

### **Homemade garlic butter**

- Shake some double cream in a jar until it separates into butter and buttermilk. (Lots of energy needed!)
- Drain off the buttermilk (good for making scones) and add some crushed garlic and herbs to the butter that's left.
- Serve with your warm dough balls
- Your friends will love you forever!