



Year 7 Recipe Booklet

Name:

Welcome to Food Technology

We're excited to begin a new term of **Food Technology** and look forward to helping students develop valuable life skills through cooking and practical lessons.

To make the most of our limited lesson time, we kindly ask that all **ingredients are weighed out at home** before being brought to school. This helps ensure that students have as much time as possible.

Please also remember to send your child in with a **named container** each time they are cooking, so they can safely take their food home.

Due to severe allergies within our school community, **no nuts or peanuts** of any kind are allowed in the Food Room. We ask that all families check ingredient labels carefully and avoid bringing in any products that may contain nuts.

It's important that students bring in their ingredients, as this enables them to take part fully in lessons and build their practical skills. If you are ever unable to provide ingredients for any reason, please don't hesitate to **contact your child's Food teacher as early as possible** – we may be able to help,

We are really looking forward to a fun and productive year in the kitchen. Thank you for your support.

Recipes

1. Fruit Salad
2. Grilled Pizza
3. Potato Wedges
4. Pasta Salad
5. Fruity Flapjack
6. Sausage Rolls
7. Cupcakes
8. Pizza Wheels
9. Burgers
10. Bread
11. Cookies

1. Fruit Salad

***Remember a plastic tub to take home

- 1 Apple
- 1 Orange
- 1 Banana
- Handful of strawberries or grapes
- 1 Small carton of juice

Notes: Fruits can be swapped if preferred

2. Grilled Pizza

***Remember a plastic tub to take home or foil

- Bread for base e.g. Baguette, pitta, Bagel
- Sauce (2-3 tbsp.) e.g. Tomato puree, BBQ sauce
- Cheese (approx 150g) e.g. Cheddar, Mozzarella
- Vegetables e.g. Pepper, Tomato, Mushroom
- Cooked meat (approx 100g *optional) - e.g. Chicken, Ham, Pepperoni

Notes: Ingredients can be swapped to meet allergen needs

3. Potato Wedges

***Remember a plastic tub to take home

- 1 large potato
- 2 tbsp oil (available from school)
- Seasoning (optional)
- Salt and pepper (available from school)

Notes: Can use sweet potato

4. Pasta Salad

***Remember a plastic tub to take home

- 150g Pasta (any shape)
- 5 tbsp sauce e.g. Mayonnaise, tomato, BBQ
- Salad e.g. onion, cucumber, tomato, pepper, corn
- Cheese (approx 150g optional) e.g. Cheddar, Mozzarella
- Cooked meat (approx 100g *optional) - e.g. Chicken, Ham, Pepperoni

5. Fruity Flapjack

***Remember a plastic tub to take home

- 150g Butter or Margarine
- 100g Sugar
- 300g Oats
- 100g Dried fruit
- 4 tbsp golden syrup

Notes: No nuts or Peanuts to be brought in

6. Sausage Rolls

***Remember a plastic tub to take home

- 1 pack of Ready Rolled Puff Pastry
- 1 pack of Sausage Meat or 1 pack of Sausages
- 1 egg to glaze (optional)
- Optional – Onion or apple

Notes: Recipe can be made vegetarian using a pack of stuffing mix

7. Cupcakes

***Remember a plastic tub to take home

- 100g Caster Sugar
- 100g Butter or Margarine
- 2 Eggs
- 100g Self-Raising Flour
- 100g (Optional) – Chocolate chips, dried fruit
- 12 Cupcake cases

8. Pizza Wheels

***Remember a plastic tub to take home

- 150g Self-Raising Flour
- 25g Butter or Margarine
- 1 egg
- 50ml milk
- 25g sauce e.g. tomato puree, tomato/BBQ sauce
- Vegetables e.g. tomato, mushroom, onion, pepper
- 50g cheddar cheese

9. Burgers

***Remember a plastic tub to take home

- 1 Small onion
- 250g Beef Mince
- 1 Egg
- 2 Burger Buns (Optional)

Notes: Lamb, Pork or Turkey mince can be used

Chickpeas can be used as a vegetarian alternative

10. Bread Rolls

***Remember a plastic tub to take home

- 250g Strong Bread Flour
- 7g Pack fast action Yeast
- 1 tsp Sugar
- ½ tsp Salt

11. Cookies

***Remember a plastic tub to take home

- 50g caster sugar
- 150g plain flour
- 100g softened butter
- 100g chocolate chips