

Huntington School
Food Technology
Year 7
Recipes

Food Technology Recipes

Fruit Fusion

Ingredients

Choose a maximum of 6 different fruits.

- | | |
|----------------------|-------------------------|
| 1 apple | 6 - 12 grapes |
| 1 pear | 2 x slices pineapple |
| 1 clementine | 1 x slice melon |
| 1 kiwi fruit | 6 strawberries |
| 1 peach or nectarine | 200ml fresh fruit juice |

Container with a lid.

Equipment

Chopping board, bowl, spoon, plate.

Method

1. Peel the clementine and separate into segments.
2. Cut the grapes in half and remove any seeds.
3. Peel the kiwi fruit and slice.
4. Remove the skin and seeds from the melon and chop into chunks.
5. Cut the pineapple in chunks.
6. Slice the strawberries.
7. Quarter the apple and pear, remove the core and slice.
8. Quarter the peach or nectarine and remove the stone.
9. Place all the fruit in a bowl.
10. Add the juice and mix together.

Skills

Bridge hold	Claw grip	Stirring	Measuring	Peeling
-------------	-----------	----------	-----------	---------



Vegetable couscous salad

Ingredients

- 1 stock cube
- 2 spring onions
- ½ cucumber
- 1 pepper
- 50g cheese

School will provide.

100g couscous

Container with a lid.

Optional: 1 can chickpeas, 3-4 olives, 2 slices cooked meat, small can sweetcorn, 4 dried apricots, 1 medium tomato

Equipment

Measuring jug, large bowl, fork, chopping board, tablespoon.

Method

1. Make the stock by dissolving the stock cube in 175ml boiling water.
2. Pour the stock over the couscous in a large bowl.
3. Leave to stand for 5 minutes and then fluff with a fork.
4. Chop the tomato and cucumber into small chunks.
5. Slice the pepper into small strips.
6. Chop the dried apricots.
7. Chop the spring onions into the bowl using the scissors.
8. Cut the cheese into cubes.
9. Add all the vegetables to the couscous and stir everything together.

Skills

Using a kettle	Bridge hold	Claw grip	Combining
----------------	-------------	-----------	-----------



Food Technology Recipes

French Bread Pizza

Ingredients

A piece of French stick / crust of bread
½ pepper
2/3 mushrooms
50g cheese
1 slice of ham or salami/pepperoni slices

School will provide.

2 x 15ml tablespoons
tomato sauce
1 tsp mixed herbs

Container with a lid.

Equipment

Chopping board, knife, dessert spoon.

Method

1. Slice the pepper and mushroom.
2. Chop the spring onions using the scissors
3. Grate the cheese.
4. Preheat the grill.
5. Place the bread under the grill and toast one side.
6. Remove the bread and place on the tray, uncooked side up.
7. Spread the tomato sauce over the bread.
8. Arrange the pepper, mushroom and onion over the slices.
9. Sprinkle the cheese and mixed herbs over the bread.
10. Place under the grill until the cheese bubbles.

Skills

Grating	Bridge hold	Claw grip	Using the grill	Spreading
---------	-------------	-----------	-----------------	-----------



Apple Crumble

Ingredients

150g plain flour
75g butter or block fat
50g sugar
2 cooking apples
25g sugar

Ovenproof dish

Equipment

Plate, mixing bowl, chopping board, peeler.

Method

1. Preheat the oven to 190°C or gas mark 5.
2. Chop the butter or block fat into cubes.
3. Rub the butter or block fat into the flour and sugar.
3. Peel the apples, cut into quarters, remove the core. Slice thinly.
5. Arrange the apple slices in the oven-proof dish, and then add the sugar.
6. Sprinkle the crumble topping over the apple slices.
7. Bake for 20 - 25 minutes, until the apple is soft and the crumble is golden.

Skills

Using an oven	Rubbing in	Combining	Coring
---------------	------------	-----------	--------



Food Technology Recipes

Fruity Flapjacks

Ingredients

75g dried fruit
150g oats
50g sugar
50g butter or soft spread

Container with a lid.

School will provide.
2x15ml tablespoons
golden syrup,
Foil container.

Equipment

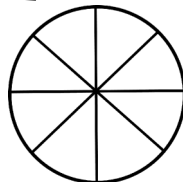
Tablespoon, saucepan, wooden spoon, spatula.

Method

1. Preheat the oven to 180°C or gas mark 4.
2. If using cherries or apricots, chop the fruit into small pieces.
3. Place the butter or soft spread, sugar and syrup into a saucepan and gently heat until melted, **do not boil**. Remove from the heat.
4. Stir in the oats and dried fruit.
5. Spoon the mixture into a foil tray.
6. Pat down the mixture in the foil tray.
7. Bake for 15 - 20 minutes, until lightly browned.
8. Remove from the oven and cut into 8

Skills

Using the oven	Claw grip	Using the hob	Combining	Weighing/measuring
----------------	-----------	---------------	-----------	--------------------



Mini Carrot Cakes

Ingredients

75g butter/soft spread
1 large or 2 small carrots
75g sugar
1 egg
100g self raising flour
75g dried fruit (optional)

Container with a lid.

School will provide.
1 x teaspoon cinnamon

Equipment

Vegetable peeler, mixing bowl, wooden spoon, dessert spoon, teaspoon, spatula, plate, grater

Method

1. Preheat the oven to 200°C or gas mark 6.
2. Top and tail, and then peel and grate the carrots.
3. Cream the sugar and soft spread in the mixing bowl, stir in the carrots.
4. Sift in the flour, cinnamon then add the egg and mix well.
5. Mix in the sultanas.
6. Divide the mixture equally between the 12 bun cases.
7. Bake for 15 minutes.

Skills

Using the oven	Dividing	Grating	Combining/mixing	Weighing/measuring
----------------	----------	---------	------------------	--------------------



Food Technology Recipes

Spicy Tomato Soup

Ingredients

1/2 onion
1/2 carrot
1/2 potato
1/2 x can chopped tomatoes (200g)
500ml water
1/2 stock cube
1/4 x 5ml spoon dried chilli flakes
1 1/2 x 5ml spoons tomato puree

School will provide all
the ingredients.

Equipment

Chopping board, vegetable peeler, saucepan, wooden spoon, measuring jug.

Method

1. Collect equipment.
2. Peel and slice the onion.
3. Top and tail, peel and grate the carrot.
4. Peel and grate the potato.
5. Measure 500ml boiling water, crumble in the stock cube and stir.
6. Add the chilli flakes and tomato puree.
7. Put all the ingredients into a saucepan.
8. Stir everything together, bring to the boil and simmer for 20 minutes.
9. Remove from heat and liquidise with the stick blender until smooth.
10. Ladle into cups.

Skills

Using the hob	Knife skills	Grating	Using the stick blender
---------------	--------------	---------	-------------------------



Macaroni Cheese

Ingredients

250 - 300g macaroni or dried pasta
100g Cheddar cheese
40g butter/soft spread
40g plain flour
500ml milk

School will provide.
Black pepper

Container with a lid.

Equipment

Weighing scales, saucepan, measuring jug, wooden spoon, plate.

Method

1. Cover the macaroni with hot water. Boil for about 10-12 minutes.
2. Grate the cheese.
3. Drain the pasta into a colander.
4. Place the pasta in your container.
5. To make the sauce, place the butter or margarine, flour and milk into a saucepan.
6. Stir all the time until it thickens.
7. Remove from the heat.
8. Stir in 1/2 of the grated cheese.
9. Stir the drained macaroni into the cheese sauce and add black pepper.
10. Pour the macaroni cheese into the container.
11. Sprinkle over the remaining cheese.

Skills

Grating	Using a hob	Combining	Making an all in one sauce
---------	-------------	-----------	----------------------------

Food Technology Recipes

Koftas

Ingredients

250g beef/lamb/pork/turkey mince
1 onion

Container with a lid.

School will provide.

Salt and pepper
1 teaspoon garlic
1 teaspoon coriander
1 teaspoon cumin
1 teaspoon mint sauce
Pinch chilli flakes

Equipment

Baking tray, 1 large mixing bowl, , mixing spoon, knife, green chopping board

Method

1. Preheat the oven to 190°C or gas mark 5.
2. Peel and chop the onion finely.
3. In a large mixing bowl mix the mince, garlic, ground coriander, cumin, mint sauce and chilli flakes together.
4. Form into 8 x koftas shapes.
5. Place on the baking tray and bake for 15-20 mins.
6. Use the food probe to check the core of the kofta reaches 75°C.

Skills

Shaping	Bridge hold/ Claw grip	Mixing	Combining
---------	---------------------------	--------	-----------



Vegetarian Koftas

Ingredients

250g can red kidney beans
1 onion

Container with a lid.

School will provide.

Salt and pepper
1 teaspoon garlic
1 teaspoon coriander
1 teaspoon cumin
1 teaspoon mint sauce
Pinch chilli flakes

Equipment

Baking tray, 1 large mixing bowl, weighing scales, mixing spoon, knife, green chopping board, potato masher

Method

1. Preheat the oven to 190°C or gas mark 5.
2. Peel and chop the onion finely.
3. Using a potato masher crush the red kidney beans with a tsp oil.
4. In a large mixing bowl mix the beans, garlic, ground coriander, cumin, mint sauce and chilli flakes together.
5. Form into 8 x koftas shapes.
6. Place on the baking tray and bake for 15-20 mins.

Skills

Shaping	Bridge hold/ Claw grip	Mixing	Combining
---------	---------------------------	--------	-----------



Food Technology Recipes

Dutch Apple Muffins

Ingredients

100g caster sugar
100g soft margarine/butter
2 eggs
100g self raising flour
1 eating apple

School will provide.

1 x 5ml spoon cinnamon
1 x 5ml spoon demerara sugar

Container with a lid.

Equipment

Mixing bowl, dessert spoon, spatula, teaspoon, green chopping board, sharp knife.

Method

1. Preheat the oven to 180°C or gas mark 4.
2. Whisk together the sugar, margarine, flour, and egg together, until light and fluffy.
3. Core the apple and cut into quarters. Cut 9 thin slices and then chop the rest of the apple.
4. Add the chopped apple to the cake mixture.
5. Spoon the mixture into 9 muffin cases
6. Press an apple slice into each muffin, then sprinkle the cinnamon and sugar on top.
7. Place in the oven and bake for 20 minutes, until golden brown and springy to the touch.

Skills

Using the oven	Whisking	Weighing and Measuring	Claw grip/ Bridge hold
----------------	----------	------------------------	---------------------------



Jam Tarts

Ingredients

100g plain flour
50g butter or block fat
2-3x tablespoons cold water
2 x tablespoons jam

Container with a lid.

Equipment

Large bowl, tablespoon, teaspoon, palette knife, rolling pin

Method

1. Preheat the oven to 200°C or gas mark 6.
2. Make the shortcrust pastry:
 - Add the flour to the bowl.
 - Rub the butter or block fat into the flour, using your fingertips.
 - Gradually add the cold water and start to mix together.
 - Mix to form a firm dough.
3. Roll out the pastry, on a floured surface.
4. Cut out 12 circles. Gently press the circles into the trays.
5. Add a teaspoon of jam in each pastry case. Do not over fill.
6. Bake for 10-15 minutes.

Skills

Using the oven	Cutting	Rubbing in	Rolling out	Combining
----------------	---------	------------	-------------	-----------

