

Ovingham Middle School

Food Studies

Year 7: Recipe book

2022/2023



Name:..... Class:.....

Please bring to every lesson

YEAR 7 - SCHEDULE

This schedule is only an indication of the recipes that will be used in this unit of work.

It is subject to alteration if necessary.

- Fish and veg layer
- Mini carrot cakes
- Chicken or veggie nuggets
- Ratatouille
- Vegetable curry
- Pizza wheels

Fish and veg stack

Ingredients

- 1 carrot
- ½ a courgette
- 1 piece of fresh fish e.g. salmon (approx 200g) - please don't bring frozen or cooked fish (or veggie alternative)
- 25 g cheddar cheese
- 1 spring onion
- 2 slices bread e.g. granary - crusts or day old bread is good for grating
- 1 x 5ml dried mixed herbs - can be provided by school

Don't forget: You will need to bring an ovenproof dish to cook your dish in and a lid or foil to cover when carrying home !

Equipment

Chopping board, knife, peeler, oven proof dish, grater, spoon, oven gloves.

Method

1. Preheat the oven to 200c or gas mark 6.
2. Top and tail the carrot and courgette, then run the vegetable peeler lengthways along each vegetable to make ribbons. Place an oven proof dish or foil tray on a baking tray and place the vegetable ribbons in the bottom.
3. Using a fork, pick up fish and lay on top of the vegetables.
4. Grate the cheese.
5. Chop the spring onion into small pieces
6. Grate the bread and place in a bowl.
6. Stir in the cheese, spring onion, herbs and a few twists of black pepper.
7. Spoon the mixture on top of the fish and bake in the oven for 20 minutes.

I can adapt my recipe by adding/ leaving out.....

List the skills you have used in this recipe

1.
2.
3.

Mini carrot cakes

Ingredients

- 75g margarine
- 125g carrots
- 75g sugar
- 100g SR flour
- 1 x 5ml cinnamon - can be provided by school
- 1 egg
- 50g sultanas - optional

You will also need 6 paper muffin cases. Large size not small cake cases please!

Don't forget: You will need to bring a named container to carry your cakes home.

Equipment

Mixing bowl, small bowl, fork, grater, knife, wooden spoon, metal spoon, measuring jug, bun tray

Method

1. Preheat the oven to 200 C.
2. Place margarine in a small bowl and melt in the microwave.
3. Top and tail, and grate the carrot
4. Combine the carrots, sugar and margarine in the mixing bowl.
5. Add the flour, and cinnamon.
6. Beat the eggs in a small bowl, and then add to the mixture.
7. Mix in the sultanas.
8. Divide the mixture equally between the muffin cases, using the two metal spoons. If the mixture is runny, use a measuring jug to help pour into cases.
9. Bake for approx. 20 minutes.
10. Remove when cooked and cool on a cooling rack.

I can adapt my recipe by adding/ leaving out.....

List the skills you have used in this recipe

1.
2.
3.

Chicken nuggets

Ingredients

2 to 3 slices bread - crusts or day old bread are best for grating
1 egg
1 or 2 small chicken portions
Flavourings eg grated lemon zest, cheese, chilli, herbs, garlic

Don't forget: You will need to bring a container to carry your nuggets home!

Equipment

Two chopping boards, knife, fork, spoon, grater, small bowls, baking tray.

Method

1. Preheat oven to 200C
2. Prepare the coating for the nuggets:
 - Grate the bread;
 - Prepare any flavourings
 - Place in small bowl and combine
3. **Hygiene alert !- special care needed.** On a separate clean chopping board, and using a fork and a separate clean knife, cut the chicken into small chunks. Wash hands thoroughly before and after handling raw chicken.
4. Break the egg into a small bowl and whisk with a fork.
- 5 Set up a production line with chicken, egg, coatings and baking tray.
6. Using a fork, pick up a piece of chicken and dip into egg then carefully dip in coatings to cover.
7. Place on a baking tray and bake for approx. 10 to 12 mins until the chicken is white all the way through.

What are your top tips for making this recipe?

.....

List the skills you have used in this recipe

1.

2.

3.

Ratatouille

Ingredients

- 1 medium onion
- 1 clove garlic - optional
- 4 mushrooms
- 1/2 green or red pepper
- 1 small courgette
- 1 can chopped tomatoes (approx. 400g)
- 1 x 10ml spoon oil - can be provided by school
- 1 handful fresh basil or 1 tsp dried herbs- optional (school can provide dried herbs)

Don't forget: You will need to bring a **named** container to carry your dish home!

Equipment

Vegetable knife, chopping board, pan, wooden spoon. garlic press.

Method

- 1 Prepare the vegetables, peel and chop the onion.
- 2 Peel and crush the garlic, slice and deseed the pepper. Slice the courgette and mushrooms.
- 3 Heat the oil in the pan and fry the onion for 5 mins.
- 4 Add the pepper, mushrooms and tomatoes.
- 5 Bring to the boil, then lower heat and and simmer gently for 20- 30 mins with the lid on.
- 6 Add the courgette after 10 mins
- 7 Add the basil at the end of cooking time.

I can adapt my recipe by adding/ leaving out.....

List the skills you have used in this recipe

1.
2.
3.

Vegetable curry

Ingredients

- 1 onion
- 1 clove garlic
- 1 medium sized potato or sweet potato
- 1 x 15ml spoon oil - can be provided by school
- 2 x 15ml spoons curry paste or 1 dessert spoon Curry powder
- 1 can chopped tomatoes (400g)
- 1 can chickpeas (410g), drained
- 3 handfuls of fresh spinach or half a green pepper.

Don't forget you will need to bring in a named container to take your dish home!

Equipment

Knife, chopping board, garlic press, pan with lid, measuring spoons, wooden spoon, can opener.

Method

1. Prepare the onion, garlic and potatoes. Slice the onion, peel and crush the garlic and dice the potato into 1cm cubes.
2. Fry the onions and garlic for 2 mins in the oil.
3. Add the potatoes and cook 2 mins, add the curry paste and tomatoes.
4. Cut green pepper into pieces, if using, and add.
4. Add the chickpeas then allow to simmer for 20 minutes, until the potato is tender. Adding a little water if too dry.
5. Stir in the fresh spinach, and allow to cook for a further 2 minutes.

I can adapt my recipe by adding/ leaving out.....

List the skills you have used in this recipe

1.
2.
3.

Pizza wheels

Ingredients

150g SR flour
25g marg
1 egg
50 ml milk

Fillings

2 tablespoons tomato puree
50g grated cheese
1 slice cooked ham - optional
A little fresh basil or 1 tsp dried herbs

Equipment: Mixing bowl, table knife, flour dredger, rolling pin, vegetable knife, chopping board, spoon, baking tray.

Method

- 1 Pre heat oven to 200C.
2. Grate cheese and cut ham into small pieces.
3. Put flour and marg in a bowl and rub in.
4. Whisk egg and milk together in a small bowl or jug.
5. Add egg mixture to flour mixture and stir to form a soft dough – **warning** - you may not need all of your liquid.
6. Roll out the dough into a rectangle
7. Spread puree and add ham evenly over the base.
8. Sprinkle on cheese.
9. Roll up carefully and cut into 2 cm slices.
10. Place on a baking tray and bake for approx 10 mins until golden brown.
11. Place on a cooling rack.

Don't forget you will need to bring in a container to take your dish home!

I can adapt my recipe by adding/ leaving out.....

List the skills you have used in this recipe

1.
2.
3.

REMEMBER

- NO JEWELLERY OR NAIL VARNISH
- HAIR BOBBLE IF NEEDED
- TO BRING YOUR INGREDIENTS
READY WEIGHED AND MEASURED
- A NAMED CONTAINER
- *IF YOU LOSE YOUR RECIPE DO NOT
LEAVE IT TOO LATE TO ASK FOR A
NEW ONE*