

Ovingham Middle School

Food Studies

Year 5: Recipe book

2022/2023



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

Dear Parent/Carer,

I am writing to let you know that your son/daughter will be undertaking food tasting and cooking at school shortly as part of Food Studies.

We will be preparing, cooking and tasting lots of different types of dishes to develop practical skills. The expectation is that the ingredients will be provided from home as having them weighed and measured prior to the lessons will be more economical and will help with time management. Please don't pre prepare ingredients for pupils.

The ingredients required will be widely available and inexpensive and I will always give one weeks notice of anything required.

It is vitally important that a suitably sized container be brought to school in which the finished dish can be taken home!

I would be grateful if you could let me know of any food issues if appropriate by completing the slip below.

Please do not hesitate to contact me at school if I can be of any further help.

Mrs J Kidd

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My child has an intolerance / is allergic to

.....

.....

My child cannot eat the following foods due to our religion / belief / culture:

.....

.....

Other relevant information

Signed:..... Date:.....

YEAR 5 - 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.

- Rainbow salad
- Fruit salad
- Cous-cous salad
- Cheese straws
- Fruit crumble

Rainbow salad

Ingredients

Choose 4 - 6 of the suggested ingredients below

Please bring small amounts.

1 large or 4 small tomatoes

¼ cucumber

½ pepper – any colour

½ stick celery

1 carrot

Sweetcorn – 2 tblsp

2 spring onions

Lettuce or salad leaves

and

2 x 15ml spoons French dressing

Small quantity of croutons - optional

Don't forget: A clean jar with a lid or container for your salad.

Equipment: Colander, chopping board, sharp knife, vegetable peeler, grater, measuring spoon.

Method

1. Wash and prepare all vegetables as shown.
Remember to use the bridge and claw hold for safe cutting.
2. Add the dressing to bottom of the jar.
3. Layer ingredients thinking about colour and texture.
4. Add croutons on top

To serve tip over the jar to cover ingredients with dressing – enjoy!

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

Skills development

Grating	Using a knife	Combining	Presentation	Adapting a recipe
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Fruit salad

Ingredients

- 1 clementine or satsuma
- A small bunch of grapes (approx. 12)
- 1 banana
- 1 apple

Optional - a few strawberries, raspberries, blueberries etc

2 x 15ml spoons orange or apple juice

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

Equipment: Vegetable knife, chopping board, bowl, measuring spoons..

Method

- 1 Peel the clementine and separate into segments.
- 2 Cut the grapes in half and remove any seeds.
- 3 Peel the banana and slice carefully.
- 4 Quarter the apple, slice and remove the core.
- 5 Place all the fruit in a bowl.
- 6 Add the juice and mix together.

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

Skills development

Using a knife safely	Stirring	Measuring	Peeling
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Cous-cous salad

Ingredients

- 1 vegetable stock cube
- 100g couscous
- 175 ml water, boiling (from school)
- 1 medium tomato or 4 cherry tomatoes
- 1 spring onion
- ½ cucumber
- ½ yellow pepper
- 4 dried apricots or a small handful of raisins (optional)
- 1 small bunch parsley (optional)
- 2 x 15ml spoons french dressing

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

Equipment

Kettle, measuring jug, measuring spoons, large bowl, chopping board, knife, kitchen scissors, spoon.

Method

1. Make up the stock by dissolving the stock cube in the boiling water
2. Pour the stock over the couscous in a large bowl.
3. Leave to stand for 5 minutes
4. Chop the tomato and cucumber into small chunks.
5. Slice the pepper into small strips.
6. Slice the dried apricots and parsley into small pieces.
7. Add all the vegetables and snip the spring onions into the bowl using the scissors.
8. Add the dressing.
9. Stir everything together.

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

Skills development

Using a kettle	Using a knife	Stirring	Presentation	Adapting a recipe
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Cheese Straws

Ingredients

1/2 pack ready rolled puff pastry
50g cheese (any that can be grated - please don't grate at home)
Handful of fresh herbs eg Thyme or 1 tsp dried herbs (optional)
A little milk

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

Equipment: Non-stick or lined baking tray, grater, measuring spoons, palette knife, sharp knife, pastry brush, cooling rack.

Method

1. Preheat main fan oven to 200°C
2. Unroll pastry carefully.
4. Lightly brush with milk
5. Sprinkle lower half of pastry with cheese (keep a small amount for later) and thyme leaves.
6. Fold pastry over carefully
7. Lightly press the top of pastry - the 2 halves should now be stuck together.
8. Cut into 1cm strips
9. Glaze with milk and sprinkle on remainder of cheese.
10. Pick up each strip and twist.
11. Place on baking tray
12. Bake in oven for 10 – 15min
13. Cool straws on cooling rack.

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

List the skills you have used in this recipe

1.
2.
3.

Fruit crumble

Ingredients

- 100g plain flour
- 50g butter or margarine
- 50g oats
- 25g sugar
- 2 eating apples
- 50g sultanas

Important:

- **Don't forget you will need to bring in an ovenproof dish to cook your crumble in!**
- **Also a lid or a piece of foil to cover the crumble and a tea towel to wrap the dish as it may be still warm to carry home and a sturdy carrier bag would be helpful.**

Equipment

Sieve, mixing bowl, wooden spoon, chopping board, knife, **ovenproof dish**.

Method

1. Preheat the oven to 190°C or gas mark 5.
2. Rub in the butter or margarine into the flour until it resembles breadcrumbs.
3. Stir in the oats and sugar.
4. Cut the apples into quarters and remove the core. Slice thinly.
5. Arrange the apple slices in the oven-proof dish, and then add the sultanas.
6. Sprinkle the crumble topping over the apple slices.
7. Bake for 25-30 minutes, until the apple is soft and the crumble is golden.

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

Skills development

Weighing and measuring	Rubbing in	Using a knife	Coring	Using an oven
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REMEMBER

- NO Jewellery or nail varnish
- Tie hair up BEFORE entering the Food room
- Bring your ingredients READY WEIGHED AND MEASURED
- BRING a named container
- If you lose your recipe DO NOT Leave it too late to ask for a new one