

Ovingham Middle School

Food Studies

Year 6: Recipe book

2022/2023



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

YEAR 6 - 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.

- Stuffed peppers
- Pizza toast
- Tomato and basil tart
- Rock cakes
- Sponge cakes
- Cheese or fruit scones

Stuffed pepper

Ingredients

- 1 red pepper (try to choose one with a flat base)
- 25 g cheese (eg cheddar)
- 25 g cous cous

Choose 2 or 3 of the following – you will only need a small amount

- 2 mushrooms
- ¼ courgette
- ¼ green or yellow pepper
- 1 spring onion
- A few peas or sweetcorn

Don't forget: You will need to bring a piece of foil to wrap your pepper and a container to carry your stuffed pepper home!

Equipment

Vegetable knife, chopping board, mixing bowl, measuring jug, spoon, grater, kettle.

Method

- 1 Prepare the cous cous by adding 50 ml boiling water. Leave to absorb water.
- 2 Cut the top off the pepper and carefully remove seeds.
- 3 Cut the vegetables into small pieces.
- 4 Grate the cheese.
- 5 Add vegetables to couscous and mix together..
- 6 Spoon mixture into the pepper.
- 7 Sprinkle the cheese on top and place on the lid of the pepper.
- 8 Cook at home at 180 C for 15 – 20 mins.

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

Skills development

Using a knife safely	Stirring	Measuring	Peeling
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Pizza toast

Ingredients

- ½ yellow pepper
- 1 spring onion
- 1 mushroom
- 2 slices of cooked ham - optional
- 30g cheese - to be grated at school
- 2 slices bread (or a bagel)
- 2 x 15ml spoons tomato puree
- ½ x 5ml spoon mixed herbs - can be provided by school

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

Equipment : Chopping board, knife, grater, teaspoon, tablespoon, fish slice

Method

1. Preheat the grill.
2. Slice the pepper, spring onion and mushroom. Cut ham into small pieces.
3. Grate the cheese.
4. Place the bread under the grill and toast both sides - one side toast lightly.
5. Carefully remove the bread from the grill and place on the chopping board lightly toasted side up.
6. Spread the tomato puree evenly over the toast using the back of the spoon.
7. Arrange ham over the puree.
8. Arrange the pepper, mushroom and spring onion over the slices.
9. Sprinkle with herbs and cheese.
10. Place under the grill until the cheese bubbles.
11. Remove carefully using a fish slice and place in container.

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

Skills development

Grating	Using a knife	Using the grill	Presentation
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Tomato and basil tart

Ingredients

- ½ pack ready made puff pastry
- 2 tblsp tomato puree
- 200g cherry tomatoes
- 2 tbsp fresh basil
- 50g cheese

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

Equipment

Rolling pin, sharp knife, chopping board, tablespoon, table knife, baking tray.

Method

1. Pre heat oven to 200 C.
2. Grate cheese or cut into small pieces if using mozzarella.
3. Wash and cut tomatoes in half.
4. Un roll out the pastry on a table. Cut into 2.
5. Place on a baking tray and carefully mark a border of 1 cm being careful not to cut through pastry.
6. Spread tomato puree over pastry then add tomatoes flat cut side facing up.
5. Sprinkle over cheese and chopped basil.
6. Cook for approx. 20 minutes until pastry is risen and golden brown.
7. Carefully remove from baking tray and cool on a cooling rack before placing in container.

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

Skills development

Rolling/ handling pastry	Slicing	Baking/ safe use of oven	Presentation	Tell when dish is ready
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Rock cakes

Ingredients

200g self-raising flour
75g butter or margarine
75g sugar
75g mixed dried fruit or 1 x 15ml spoon jam
1 egg
50 ml milk

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

Equipment

Sieve, mixing bowl, wooden spoon, small bowl, fork, 2 spoons, Lined baking tray.

Method

1. Preheat the oven to 200°C or gas mark 6.
2. Sieve the flour into the bowl.
3. Rub in the butter or margarine into the flour until it resembles breadcrumbs.
4. Stir in the sugar and dried fruit using a spoon.
5. Whisk the egg lightly in a small bowl using a fork.
6. Make a well in the middle of the flour and carefully add the beaten egg.
7. Mix with wooden spoon to form a soft, yet firm dough adding a little milk carefully if needed. Be careful not to make the mixture too soft.
8. Using 2 spoons, divide the dough into 8 'rocks' and place on the baking tray.
9. If using jam make a small hollow on the top of each cake and add a small amount of jam to each.
10. Bake 12 – 15 mins until golden brown.
11. Remove carefully and cool on a cooling tray.

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

Skills development						
Rubbing in	Mixing	Dividing	Presentation	Using the oven	Be able to tell when cakes are ready	

Sponge cakes

Ingredients

50g soft margarine or butter
50g sugar
50g SR flour
1 egg
1/2 tsp vanilla essence - optional
6 cake cases

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

Equipment:

Mixing bowl, wooden spoon, 2 dessert spoons, bun tin, spatula, cooling rack.

Method

1. Preheat oven to 190 C.
2. Place cake cases in bun tray.
3. Put sugar and marg/ butter in bowl and cream together with wooden spoon.
4. Whisk egg in small bowl with a fork.
5. Add egg a little at a time to creamed mixture, beat well between each addition.
6. Once all egg has been added gently fold in the flour.
7. Using 2 metal spoons place mixture into cake cases evenly.
8. Bake for 20 mins until golden brown and springy to touch.

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

Skills development

Creaming	Dividing	Using the oven
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Cheese or fruit scones

Ingredients

250g Self raising flour
50g butter or marg
150 ml milk
75g cheddar cheese to be grated at school
½ tsp dried herbs (optional)
or 25 g sugar and 75g dried fruit.

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

Equipment

Mixing bowl, grater, table knife, scone cutter, flour dredger, baking tray.

Method

1. Pre heat oven to 220 C.
2. Place flour and marg/ butter in large bowl and rub in using fingertips.
3. Grate cheese and add to bowl with herbs or add fruit and sugar if making sweet scones.
4. Make a well in the middle of flour and using a table knife and slowly add milk, mixing in carefully to make a soft but not sticky dough.
5. Gently work dough into a ball and press out on lightly floured surface to no less than 2 cm thick.
6. Cut out scones and place on baking tray. Brush with milk if liked.
7. Bake for 10 - 15 mins till golden brown.

Skills development

Rubbing in	Adding liquid	Rolling out dough	Using the oven
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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