



Year 7 Recipe Booklet



Remember to bring a suitable
container for your dishes!



Skills

S1 – General practical skills
(weighing and measuring, preparing ingredients and equipment, greasing or lining baking tins, selecting and adjusting cooking times, testing for readiness, judging and modify sensory properties)

S2 – Knife skills (preparing fruit and vegetables, skinning, de-boning or portioning meat or fish or alternatives)

S3 – Preparing fruit and vegetables (peeling, juicing, mashing, cutting, preventing spoilage or browning)

S4 – Use of the cooker
(using the cooker for baking, roasting etc, using the grill)

S5 – Use of equipment
(use of blender, food processor, mixer, pasta machine, microwave oven)

S6 – Cooking methods
(water based methods using the hob, dry heat and fat based methods using the hob)

S7 – Prepare, combine and shape (roll, wrap, skewer, mix, coat, layer meat, fish and alternatives. Shape and bind wet mixtures such as falafels, burgers, fish cakes or meatballs)

S8 – Sauce making
(starch-based, reduction and emulsion)

S9 – Tenderise and marinate (acids denaturing protein, marinades adding flavour and moisture)

S10 – Dough (making a dough - bread, pastry, pasta, shaping and finishing)

S11 – Raising agents
(eggs as a raising agent, chemical raising agents, steam as a raising agent, biological)

S12 – Setting mixtures
(using a starch to set a mixture on chilling for layered desserts such as custard, using protein such as denatured and/or coagulated protein in eggs)



Skills

Spicy Tomato Soup

S1, S2,
S3, S4,
S5, S6



Cheese Cobbles

S1, S2,
S3, S4,
S6, S7,
S10, S11



Rock Cakes

S1, S2,
S3, S4,
S6, S7,
S10, S11



Pasta Salad

S1, S2,
S3, S4,
S5, S6



Fruit Crumble

S1, S2,
S3, S4,
S6, S11



Spicy Tomato Soup



Ingredients

- 12 cherry tomatoes or 4 very large tomatoes
- 1tsp chilli (School)
- 2 cloves of garlic
- 1 small red onions
- 2 tbsps balsamic vinegar (School)
- A small bunch of fresh basil (School)
- 1/2 vegetable stock cube
- 125ml water (School)

Directions

1. Prepare self, ingredients and equipment. Turn the oven on to 220oC.
2. On a **chopping board**, half the tomatoes and put onto a baking tray (if large tomatoes, quarter them).
3. Crush 2 peeled cloves of garlic add these to the tray, sprinkle chilli over, seasoning and oil over.
4. Place the **baking tray** in the oven for 10-15 minutes. Get a **pan stand** ready for when you need to remove it from the oven.
5. Peel and chop the onion into fine pieces on the chopping board. Add olive oil to the **saucepan** and gently soften the onions - control the heat so they don't burn.
6. Stir 2tbsps balsamic vinegar into the onions and let it cook away and reduce down. Control the heat!
7. Take the tray of tomatoes out of the oven - use **oven gloves**. Add the tomatoes to the saucepan. Check that the water level is OK - the mixture is not too dry.
8. Place the pan on the **pan stand** - turn off the cooker. **Puree** the soup with the hand blender - make sure the blender is touching the bottom of the pan before you press the button. The soup should be smooth.
9. Remove from the heat and transfer the soup to your container.



Cheese Cobbles

Ingredients



- 2 tbsp olive oil (School)
- 350g self raising flour
- $\frac{1}{4}$ tsp salt (School)
- 1 tsp baking powder
- 85g butter
- 150g pot natural yoghurt
- 4 tblsp milk
- 1 tsp herbs e.g. rosemary, basil (School)
- 140g grated cheese

Directions

1. Prepare yourself, ingredients and equipment. Pre heat oven to 200oC.
2. Add the flour, salt baking powder and butter to a bowl.
3. Chop any extra vegetables into fine pieces.
4. **Grate** the cheese onto a metal plate if not already grated.
5. Place the milk and yoghurt into a small basin. Microwave on high power for one minute until warm.
6. Add the yoghurt and milk to the flour mixture and mix well with a table knife until a rough **dough** is formed.
7. Knead the dough a few times in the base of the bowl.
8. Add $\frac{3}{4}$ of the cheese, (any extra vegetables), plus the herbs and $\frac{1}{2}$ of the olive oil into the dough. **Knead** well so the ingredients are spread throughout the dough.
9. Turn the **dough** out onto a floured surface. Shape and pat the **dough** into a round shape that is about 5cm thick. Place onto a baking tray and evenly cut into 8 pieces.
10. Spread out the dough giving it room to **rise**. Top with the remaining cheese and a drizzle of olive oil.
11. Use oven gloves to place the tray in the oven and bake for 15-20 mins until golden.

ASSESSED PRACTICAL

Pasta salad

Ingredients



- 50g pasta
 - A few salad leaves
- Selection of ingredients such as:
- $\frac{1}{4}$ white or red cabbage
 - $\frac{1}{4}$ cucumber
 - 1 tomato
 - 1 small carrot
 - $\frac{1}{2}$ pepper
 - 1 spring onion
 - 25g dried fruit
 - Dressing (School)
 - Garnish; parsley, coriander, cress

Directions

1. Fill a pan half full with hot water. Place on the **hob** with the handle turned to the side and a lid on. Leave until boiling.
2. Once the water is **boiling**, remove the lid and place on the **draining board**. Tip pasta in and leave for 10 minutes.
3. Wash all ingredients eg. cucumber, spring onion, tomatoes, peppers, celery and leave to drain on draining board.
4. Peel and slice or dice the onion. Place into the basin. Peel and grate the carrot into the bowl.
5. **Slice** the cucumber and chop into small pieces.
6. Cut the stalk out of the pepper and remove the seeds from the inside, slice into thin strips.
7. Open the sweetcorn (if using) and **drain**.
8. **Drain** pasta in the colander and cool with water. Add to salad.
9. Add dressing and **garnish** with desired ingredients.



Rock Cakes



Ingredients

- 150g Self-raising flour
 - 50g Butter/Margarine
 - 50g Sugar
 - 50g Dried fruit
- For example: sultanas/ raisins/ cranberries
- 1 medium sized egg
 - 1-2 tbsp Water if required (School)

Directions

1. Switch on oven Gas 7/220C
2. Cover baking tray with foil
3. Place flour and margarine into **mixing bowl**
4. **Rub** the margarine into the flour using the finger tips until it resembles fine bread crumbs. Wash hands.
5. Add dried fruit and sugar. Stir in using the **tablespoon**.
6. Break egg into **measuring jug** (wash hands) and beat with a fork
7. Make **well** in centre of dried ingredients and add most of the beaten egg and stir well
8. The mixture will start to clump together to form a stiff paste. If mixture does not clump together and is too dry add the rest of the egg. If the mixture has still not clumped together, place a little cold water into the empty measuring jug and add $\frac{1}{2}$ -1 tablespoon of water to the mixture.
9. Divide into 4-5 rough heaps onto baking tray to resemble rocks.
10. Place in the oven using **oven gloves** and bake for 15 minutes until firm and golden brown.



Fruit Crumble



Ingredients

- 150g plain flour
- 75g butter/ margarine
- 50g sugar
- 25g oats/ seeds

Optional Fruits: (These are only a few of the fruits you can pick)

- Blueberries
- Apples
- Raspberries
- Peach
- Blackberries
- Rhubarb

Directions

1. Preheat oven at 190°C.
2. Wash the fruit in a **colander**. Peel the fruit if necessary and then chop or slice into even sized pieces.
3. If the fruit does not require cooking (e.g strawberries / raspberries) - place fruit straight into the bottom of your crumble dish. **Sprinkle** over sugar to taste - up to 20g.
4. If the fruit does require cooking (e.g. apples / pears / rhubarb / plums), place chopped fruit into a **saucepan** and add 40g sugar and 2 tbsp of water, plus any spices or zest.
5. Turn onto a medium heat- stir with a **wooden spoon** until fruit is softened BUT NOT MUSHY. Place fruit into the bottom of your crumble dish.
6. Put the flour and margarine / butter into a large mixing bowl. Cut up the fat with a table knife.
7. **Rub in** the margarine / butter with your fingertips until it looks like breadcrumbs.
8. Stir in the sugar, plus any extras like oats or seeds.
9. Finally, cover the fruit layer evenly with the crumble mixture.
10. Oven bake for 15-20 minutes until golden brown.