



ART, DESIGN & TECHNOLOGY FACULTY
Design is thinking made visual

Student	
Group	
Teacher	
Target Grade	

YR7

RECIPE

BOOK

TOP TIPS

Before you get started some tips to help you!

UNIFORM

Remember you need your apron and a clean tea-towel for every practical lesson, ensure your name is in your apron.

INGREDIENTS

It is our aim for you to participate and enjoy all practical lessons. If you have a problem with any recipe then you need to see your Food Technology Teacher **BEFORE** the day of your practical with a note. If possible we will help.

If you arrive to a practical lesson with no ingredients you will be issued a demerit and set supporting theory work. If you are absent then do check if any ingredients are needed for your next lesson and **ALWAYS** find out what you have missed in class.

Remember to weigh out and pack your own ingredients for your practical work, this will ensure you become more independent and quicker at organisational skills.

Any perishable items of food need to be stored in the refrigerator before registration on the day of your practical lesson with your name on all containers/bags. Dry store items can be placed into the unit storage areas.

OVENPROOF DISHES

If possible try and use rectangular/square dishes for oven baked items such as pies or lasagne. It is easier to portion control accurately and you can fit pasta sheets into them easily.

OIL SPRAY

Investing in an oil spray will avoid spillages as well as being healthier (you use less).

TAKEAWAY CONTAINERS

The foil dishes that are used in takeaways are very handy when you don't have a suitable ovenproof dish and are ideal for freezing food in. Keep the plastic containers that takeaways come in to store food ingredients in to bring to school.

Objective: Safely and accurately demonstrate good hygiene, measuring, knife skills, preparing fruit and working as a team.

Ingredients

- 4-6 pieces of fruit, with at least 3 that need preparing
- 1 carton (250ml) of pure juice (e.g. apple, orange, pineapple)

Fruit Salad or Fruit Kebabs – Method

1. Prepare yourself and your equipment.
2. Wash (if necessary) and prepare your fruit using the appropriate cutting techniques. Put food waste into the large mixing bowl and fruit into your container as you go.
3. Add your fruit juice to your container and stir the fruit salad using a tablespoon to ensure all fruit is evenly distributed.
4. If making kebabs place each variety of fruit onto skewer attractively.
- 5. When finished, wash up your equipment and clean your work areas.**



Outcome: Successfully and safely make fruit salad or fruit kebabs, demonstrating the safe use of knives and knife skill.

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, use of knife, hob, melting method, combining ingredients, dividing the mixture and use of oven.

Ingredients

- 125g fat (**NOT** “light” versions of vegetable spread)
- 4 tablespoons golden syrup (**NOT** dessert syrup)
- 50g sugar (ideally soft brown sugar)
- 225g oats
- Additional ingredients to make your flapjack healthier
(Up to 200g dried weight in total.)

Flapjack – Method

1. Prepare yourself and your equipment. Pre-heat the oven to 180°C. Place your muffin / cupcake cases into a bun / muffin tin.
2. Add your margarine/butter, sugar and golden syrup to a large saucepan.
3. Place your saucepan on the hob over a medium heat, and allow the ingredients to melt together, stirring with a wooden spoon.
4. Once the ingredients have melted, remove the saucepan from the heat. Add the oats and additional ingredients, and mix through until fully combined.
5. Spoon the mixture into the muffin cases using a tablespoon and teaspoon, then place the flapjacks in the oven for 10-12 minutes. Remove from the oven when they are golden brown using gloves and place onto a cooling rack.
- 6. When your flapjacks are cooking, wash up your equipment and clean your work areas.**

Outcome: Successfully and safely make a healthy flapjack, identifying how to make it healthier.

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, knife skills, rubbing in technique, combining ingredients, rolling out/cutting, measuring thickness, cooking dough and using oven.

Ingredients

- 250g Self Raising Flour
- 1 tsp Baking Powder
- 50g Butter or Block Margarine
- 25g Sugar
- 125ml liquid (milk or flavoured yoghurt)

Choose from selection of ingredients to modify from:

- 50g grated cheese
- 50g fruit

Scones – Method

1. Prepare yourself and your equipment. Pre-heat your oven to 210°C.
2. Prepare your additional ingredients.
3. Using the “rubbing in” technique, rub in the fat to the flour.
4. Add in additional ingredients.
5. Gradually add binding ingredient, you may not need all the liquid.
6. Bring together the dough and turn onto a floured surface.
7. Roll out to the thickness of 2cm.
8. Cut the dough and place onto a lined baking tray.
9. Place the scones on the tray and “glaze” with milk.
10. Place into a preheated oven for 10-15 minutes.

11. When your scones are cooking, wash up your equipment and clean your work areas. Remove scones when golden brown

Outcome: Successfully design and safely make a batch of scones created using the rubbing in technique.

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, knife skills, rubbing in technique, combining ingredients, rolling out/cutting, measuring thickness, lining cases, grating and using oven.

Ingredients

(for 12 tartlets)

- 12 Slices of bread

For the Filling

- 2-3 ingredients of your choice
- 4 eggs
- 200ml milk
- 50g cheese

Cheshire Cat's Tartlets – Method

1. Prepare yourself and your equipment. Pre-heat your oven to 190°C.
2. Brush the oil inside the muffin tins.
3. Roll the bread slices to slightly flatten and then carefully use the slices to line the muffin tins. The bread will be taller than the muffin cases making cups to hold the filling. If using cutters, choose the largest from the drawer and cut out circle shapes. Place these into the muffin tin.
4. In a jug mix together the eggs, milk and freshly ground black pepper.
5. Cut up your additional ingredients for the tartlet cases. Divide cases and top with the egg mixture.
6. Sprinkle a little cheese over the tarts.
7. Bake for 13-15 minutes or until golden and cooked
- 8. When your tartlets are cooking, wash up your equipment and clean your work areas.**

Outcome: Successfully design and safely make a batch of egg filled baked tartlets.

Objective: Safely and accurately demonstrate good hygiene, weighing and measuring, use of knife using the claw and bridge technique, hob, peeling, cutting into evenly sized pieces, combining components, boiling, simmering, stirring and presentation techniques.

Ingredients

- 100g pasta, your choice of shape and variety
- 2-4 vegetables (e.g. spring onion, red onion or tomato)
- A source of protein (e.g. cooked meat, cheese, etc.)
- 2-3 tablespoons salad dressing/ mayonnaise

Layered Pasta Salad – Method

1. Prepare yourself and your equipment.
2. Half fill a large saucepan with cold water, and put it on the hob on a high heat to bring it to the boil. Wait for the water to reach boiling point before adding your pasta.
3. Meanwhile, prepare the ingredients you are adding to your pasta salad, and add them to a mixing bowl.
4. When your pasta is cooked, drain it over the sink using a colander, and run it under cold water until it has cooled down.
5. Add the pasta to the mixing bowl with your other ingredients. Then add your salad dressing and mix all of the ingredients together.
- 6. When finished, wash up your equipment and clean your work areas.**

Outcome: Successfully demonstrate an appreciation of appearance, odour, texture and taste. To modify products based on a design criteria.