

My Practical days are:

Week 1: _____

Week 2: _____

BELPER SCHOOL

Design & Technology: Cooking and Nutrition



YEAR 7 RECIPE BOOK

NAME _____

TUTOR GROUP _____ TECHNOLOGY GROUP _____

Practical ingredients should be weighed out at home prior to your lesson. Preparation of your cooking ingredients is set as homework – if you have any issues with supplying ingredients please speak to your teacher!

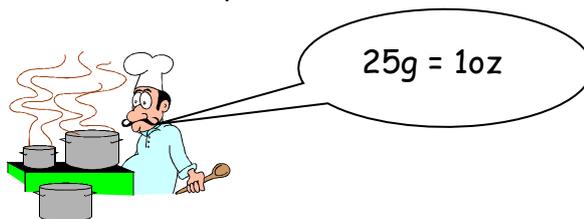
During the lesson

Hygiene	Safety
<ul style="list-style-type: none"> • Wash your hands before beginning practical work • Tie back long hair • Do not wear nail varnish • Remove jewellery • Always wear an apron • Do not cough or sneeze on food • Do not lick your fingers • Make sure utensils and cutlery are washed and dried thoroughly • Clean all worktops at the end of the lesson 	<ul style="list-style-type: none"> • Do not run • Take care when using knives • Mop up spills immediately • Take care with electricity • Turn pan handles to the side • Use oven gloves to remove food from the oven • Be aware of the emergency exits and the procedure should there be a fire • Report any problems to your teacher • If you are not involved in practical work you should not sit near pupils who are preparing food

Week	Your choices	Date you need to bring ingredients	How did it turn out? & Next steps
1 Safety & Knife skills	Fruit Salad OR Coleslaw		
2 Eat well plate	Vegetable Stir Fry		
3 Starchy foods	Pasta & tomato sauce		
4 Dairy foods	Fruity muffins		
5 Safe use of the grill	Pizza Toast OR Stripy Cheese Toast		
6 Protein alternatives	Tuna bake OR Courgette Tomato & Lentil bake		
7 Rubbing in method	Fruit crumble OR Savoury crumble		
8 Adapting recipes	Scones - (Cheese OR Fruit OR Plain)		
9 Use of vegetables	Soup		
10 Creaming Method	Melting Moments		
11 All-in-one sauce	Macaroni Cheese		

INTRODUCTION

1. You are expected to take full part, in all practical sessions (not just help a friend!).
2. You will usually have at least one week's notice to organise your ingredients - PLEASE DO NOT LEAVE IT UNTIL THE NIGHT BEFORE TO ASK YOU PARENTS FOR INGREDIENTS! You MUST write down what you are making & when in your recipe book and your planner (reminders are posted in the window of T8)
3. The recipe books are available from the library or to down load from weblearn.
4. These recipes cover a variety of skills and will hopefully cater for all tastes. All recipes can be adapted to make them more suitable for your family. Please talk to us about how the recipe can be changed if they need to be made more suitable for you.
5. Although we don't supply all ingredients on a regular basis, we do have a well-stocked larder of herbs, spices, salt, pepper, oil etc., and staff will discuss what can be provided prior to the practical lessons. This should save having to buy a whole jar of, for example herbs, which may not be used again at home. (These ingredients are highlighted with an asterix * on most recipes.)
6. If anyone had difficulties providing ingredients for ANY reason, please talk to your teacher. In some circumstances ingredients will be provided, but **a note from home will be needed** and staff will ask for a small contribution (50p - £1) if you want to take the food product home. Please try to give us plenty of notice if at all possible.
7. You will need to provide a container to take your food home in, complete with something suitable to cover it. Please make sure that these are named.
8. Do not carry your ingredients around school with you; put them in the store room as soon as you arrive at school. Put anything perishable in the fridge.
9. Please remember that we have only one hour in which to do our practicals, read the recipe beforehand so that you have a good idea of what you will have to do. Please do not double the quantity of ingredients if you have a large family (as that often takes double the time to prepare all the ingredients)
10. Finally - enjoy the experience & look out for young chef awards, Sainsbury's active kids awards, and extra activities / competitions which we run throughout the year!



When reheating food at home, please make sure your food reaches 75°C to ensure it is safe to eat.

If you suffer from any food allergies, please tell your teacher. Most recipes can be adapted so that you can make them.

FRUIT SALAD

Objectives

We are learning to: use knives safely. Make a fruit salad using the claw grip, bridge hold & "flat sides down"

What I'm looking for:

Must-make a fruit salad safely & successfully .(DAEP)

Should - mostly follow the recipe independently (with a little help). Good knife skills. (MAEP)

Could - follow the recipe with no help. Show excellent precise knife skills, complete practical work and extension task. (EAEP)

Ingredients

1 small carton fresh fruit juice (approx 250ml)
1 Apple,
1 Orange,
1 Banana,
Approx. 10 Grapes

Any other seasonable fruit

(The selection of fruit is up to you - but do not bring more than 6 in total please)

Bring from Home

Airtight container (approx 1 litre 'Tupperware' type box)

Method

1. Rinse in a sieve any fruit which is not going to be peeled e.g. grapes.
2. Put the fruit juice into a mixing bowl.
3. Quarter and core (optional) apple, slice and put into bowl.
4. Quarter and core the pear; cube and put into bowl.
5. Peel orange, separate segments, remove skin and place segments in bowl.
6. Peel and slice banana, put into bowl. Add the grapes
7. Mix fruit together and place in fridge to cool.



Extension: use words and pictures to explain the meanings of the key terms

Key Terms:

Bridge hold
Claw grip
Flat sides down

Next Steps... have a go at the Sainsbury's Active Kids Award

COLESLAW

Objectives

We are learning to: use knives safely. Make a fruit salad using the claw grip, bridge hold & "flat sides down"

What I'm looking for:

Must - will make coleslaw safely & successfully . (DAEP)

Should - mostly follow the recipe independently (with a little help) . Good knife skills. (MAEP)

Could - follow the recipe with no help. Show excellent precise knife skills, complete practical work and extension task. (EAEF)

Ingredients

1 quarter of a White cabbage
1 Onion
1 Carrot
6 tbs Salad Cream or 6 tbs Mayonnaise

Optional:

1 Celery stick

Bring from home

- Airtight container (approx 1 litre 'Tupperware' type box)



Method:

1. Cut cabbage into $\frac{1}{4}$'s, remove root and damaged outer leaves. Slice thinly then place in the bowl.
2. Top, tail and peel carrot. Grate finely and add to the bowl.
3. Top, tail and peel onion. Cut into $\frac{1}{2}$ and slice thinly, place into the bowl.
4. Trim and wash celery (if using) , cut into small cubes and place into bowl.
5. Stir in salad cream or mayonnaise.
6. Mix well with a tablespoon until thoroughly mixed.

Storage - Place in airtight container and refrigerate

Extension task: Explain what "top and tail" means in your own words.

Next Steps... have a go at the Sainsbury's Active Kids Award

Key words

Peeler

Mayonnaise

Vegetable Stir Fry

Objectives

We are learning to: make a stir fry using the wok. Use the hob safely.

What I'm looking for:

Must -make a stir fry safely & successfully. (DAEP)

Should -mostly identify equipment correctly and follow the recipe independently (with a little help). (MAEP)

Could follow the recipe with no help & complete practical work and extension task in 1 hr. (EAEP)

Ingredients List

1 onion
100g bean sprouts
50g mushrooms
1 small carrot
2tbs Soy sauce

1tbs vegetable oil*

Optional

1 tin water chestnuts (225g)
1 tin bamboo shoots (225g)

From Home

Airtight container e.g. 1 litre Tupperware type

*Available in school

Preparation at Home

- Weigh Ingredients

Method

- Peel and slice onion into thin rings on a white chopping board, wipe and slice mushrooms, peel carrot and cut into thin slices.
- Fry the onion in a small amount of vegetable oil for 4 minutes.
- Add the rest of the vegetables (including optional ingredients) and cook for another 5 minutes stirring all the time.
- Add a little soy sauce.

Storage - Allow to cool then place in an airtight container and refrigerate.

Extension task:

We could use different vegetables in this recipe, depending what is in season. What does in season mean?

Key words

Wok

Stir- fry

Vegetable

Next steps...have a go at the Sainsbury's Active Kids Award

PASTA WITH A TOMATO SAUCE

Objectives

We are learning to: make pasta with a tomato sauce (reduction sauce, safe use of the hob & good knife skills)

To prepare and cook a savoury dish with a starchy food

What I'm looking for:

Must -make pasta with tomato sauce safely & successfully . (DAEP)

Should - mostly identify equipment& follow the recipe independently good knife skills (may need a little help) (MAEP)

Could follow the recipe with no help, show good knife skills complete practical work & extension task in 1hr. (EAEP)

Ingredients

200g Pasta
1 tin tomatoes (approx 400g)
1 onion
2 tbs tomato puree
1 tbs olive oil*

optional

1 clove garlic
1 courgette
2 tsp dried chopped basil*

From Home

Airtight container (e.g.
"Tupperware" type box approx 1
litre)

*Available in school

Key words

Pasta

Boil

Colander

Method

1. Half fill a large saucepan with water and place on the hob to boil.
2. Peel and finely chop the onion and garlic.
3. Wash and thinly slice the courgette (if using).
4. Place the tablespoon of oil in a small saucepan, add the onion, garlic, then courgette and heat on a low heat. Stir with a wooden spoon.
5. Add the tinned tomato (the whole tin - do not drain). Add the tomato puree and basil. Keep the heat on low.
6. Place the pasta in the large pan of boiling water and add a pinch of salt. Boil for 10 minutes.
7. Drain the pasta through a colander, then pour the tomato sauce over and serve.

Extension task: can you name three different types of pasta?

Storage: allow to cool then refrigerate

Next steps: Remember – have a go
at the Sainsbury's Active Kids Award

Fruity muffins

Objectives

We are learning to: make muffins (a batter mix) To demonstrate the skills of mixing and dividing a mixture & using the oven.

What I'm looking for:

Must- make a basic muffin mixture. (DAEP)

Should - mostly identify equipment and follow the recipe independently (may need a little help) (MAEP)

Could - follow the recipe with no help, show good skills complete practical work and extension task in 1hr. (EAEP)

Ingredients

250g self-raising flour

2 x tsp of baking powder

100g caster sugar

230ml semi skimmed milk

1 egg

60ml oil

150g fruit (canned & drained, or frozen berries / fresh berries or bananas)

12 muffin cases

From Home:

Airtight Container to take them home in approx 1litre "Tupperware type box or "quality Street" type tin.

Preparation at home:

Weigh & measure all ingredients

Key words

All-in-one method

Batter mix

Method

1. Preheat oven to 180°C or gas mark 4.
2. Place the muffin cases into the muffin tin.
3. Mix all the ingredients together to form a smooth batter.
4. Stir in the fruit.
5. Divide the mixture equally between the muffin cases using 2 spoons.
6. Bake for 20 - 25 minutes, until golden.
7. Allow to cool on a cooling rack

Top tips

- Vary the type of fruit you use. Try bananas, cherries or blueberries.
- If you struggle to complete practicals independently go for 1 type of frozen or dried fruit, or a fresh fruit which needs little preparation such as blueberries.
- If you are more able in practical lessons try 2 different fruits and practise your knife skills, and experiment with different spices, such as cinnamon, ginger or mixed spice.



Extension: If the school canteen decided to make your muffins they would need to scale up the recipe to make lots of muffins. Our recipe made 12, so if the dinner hall wanted to make 120 muffins how much would they need of each ingredient? (remember 1000g = 1kg)

PIZZA TOAST

Objectives

We are learning to: To prepare a snack food that uses both a source of protein and different vegetables. You should demonstrate the safe use of the grill.

What I'm looking for:

Must - Produce a pizza with a range of toppings safely using the grill (DAEP)

Should - mostly identify equipment and follow the recipe independently (may need a little help) (MAEP)

Could - follow the recipe with no help, show good skills complete practical work and extension task in 1hr. (EAEP)

Ingredients

- ½ Yellow Pepper
- 1 Spring Onion
- 1 Mushroom
- 30g Hard cheese e.g. Cheddar, Edam
- 2 slices of bread or a bagel or a small piece of French stick
- 2 Tbsp tomato puree
- 1 tsp mixed herbs*

Bring from home

- Small container for your toast



Method

1. Preheat the grill.
2. Slice the pepper, spring onion.
3. Wipe the mushroom clean with a wet paper towel and slice.
4. Grate the cheese.
5. Place the bread under the grill and toast on one side (approx. 4 minutes)
6. Remove the bread from the grill and place on the white chopping board uncooked side-up.
7. Spread the tomato sauce over the bread.
8. Arrange the pepper, mushroom and onion over the bread slices.
9. Sprinkle the cheese over the top of the vegetables.
10. Place under the grill until the cheese bubbles.

Storage - Place in airtight container and refrigerate when cool or eat on the day as a healthy snack at break or lunchtime.

Extension: It is very important for safety reasons to keep your grill pan clean. Can you explain why?

Key words

Grill

Safety

Next steps – have a go at the Sainsbury's Active Kids Award

STRIPY CHEESE TOAST

Objectives

We are learning to: To prepare a snack food that uses both a source of protein and different vegetables. You should demonstrate the safe use of the grill.

What I'm looking for:

Must - Produce a pizza with a range of toppings safely using the grill (DAEP)

Should - mostly identify equipment and follow the recipe independently (may need a little help) (MAEP)

Could - follow the recipe with no help, show good skills complete practical work and extension task in 1hr. (EAEP)

Ingredients

2 slices of bread

A little butter / margarine for spreading

75g Cheddar cheese

75g red Leicester cheese

6 cherry tomatoes

Bring from home

- Small container for your toast

Method

1. Preheat the grill.
2. Toast the bread under the grill until both sides are lightly browned - this should take approx. 2 to 3 minutes on each side.
3. Remove your toast from the grill and butter each slice.
4. On the chopping board cut the cheese into fingers about 5mm thick and 1.5cm wide.
5. Cover the toast with alternating lines of yellow and red cheese until the toast is covered.
6. Cut the cherry tomatoes in half and place on top of the cheese.
7. Put the toast back under the grill and cook until the cheese is bubbling.

Storage - Place in airtight container and refrigerate when cool or eat on the day as a healthy snack at break or lunchtime.

Extension:

It is very important for safety reasons to keep your grill pan clean. Can you explain why?

Key words

Grill

Safety

Next steps – have a go at the Sainsbury's Active Kids Award

CRISPY TUNA BAKE

Objectives

We are learning to: make an all-in-one sauce and a gratin topping. Use the oven safely.

What I'm looking for:

Must - will make a crispy tuna bake safely & successfully. (DAEP)

Should - mostly identify equipment correctly and follow the recipe independently (with a little help) (MAEP)

Could - follow the recipe with no help. Make a smooth sauce, & complete practical work and extension task in 1hr. (EAEP)

Ingredients (Serves about 2-3)

1 tin tuna fish or salmon or 100g cooked chicken
25g margarine
25g plain flour
300ml milk
25g cheese (for the sauce)
50g(1 slice) bread
50g cheese (for the topping)
1 packet plain crisps (optional)
+ 1 veg - e.g. 2 tbs sweetcorn or
2tbs mixed frozen veg

Bring from home

- $\frac{1}{2}$ litre (approx)
Ovenproof Dish



Method:

1. Turn on the oven to 190°C.
2. Open the tuna and drain out the liquid, place the fish in an ovenproof dish. (Break it up and spread it out with a fork)
3. Grate both quantities of cheese (keep them separate if possible).
4. Add the vegetables to the tuna in the dish
5. Make the cheese sauce - put the flour, milk and margarine in a small saucepan, and heat on the hob, stirring all the time with a balloon whisk, until the sauce thickens. Add 25g grated cheese, then pour over the fish.
6. Make the bread into crumbs (using processor or grater). Crush the crisps in the packet.
7. Mix the bread, cheese, and crisps together, and place over the cheese sauce.
8. Bake in the oven for about 20 minutes until hot and lightly browned.

Storage - Place in airtight container and refrigerate when cool

Extension: It is recommended that we eat fish twice a week. Think of other recipes which would help us include fish in our diets (you can use recipe books to help you).

Key words

Balloon whisk

Sauce

Gratin

Next steps – have a go at the Sainsbury's Active Kids Award

COURGETTE AND TOMATO BAKE

Objectives

We are learning to: make a courgette and tomato bake, use correct knife skills and create a gratin topping

What I'm looking for:

Must-will make a courgette and tomato bake safely & successfully.(DAEP)

Should - mostly identify equipment and follow the recipe independently (with a little help) (MAEP)

Could follow the recipe with no help, and complete practical work and extension task in 1hr. (EAEP)

Ingredients (Serves 2)

2 courgettes
50g split red lentils
15g butter
200g tinned tomatoes
1 tablespoon chopped parsley
Salt and pepper*
50g cheese
1 slice bread (50g)
2tsp dried mixed herbs*

From Home: 1 litre (approx) Ovenproof dish

Preparation at Home

Weigh and measure all ingredients

*Available in school

Method

1. Preheat oven 190C
2. Put the lentils and tomatoes into a large saucepan with 150ml water. Put the pan on the hob, and turn it onto high (8), until the liquid starts to bubble - turn it down to low (2 or 3). You now only need to stir occasionally with a wooden spoon.
3. Wash and dry the courgettes, cut into 0.5cm slices (like a £1 coin).
4. Add the courgettes and butter and 1tsp dried herbs to the lentils. Stir. Add salt and pepper.
5. Grate the cheese, and make the breadcrumbs. Mix them together with another 1 tsp of mixed dried herbs.
6. Put the courgette and tomato mixture into an ovenproof dish. Sprinkle with the cheese and crumbs and bake until golden brown.

Storage - Allow to cool, then refrigerate.

Extension task:

Can you think of 10 different ways in which we can include more fruit & vegetables in our diets?

e.g. smoothies

Key Words

Courgette

1 tomato

Many tomatoes

Next steps – have a go at the Sainsbury's Active Kids Award

FRUIT CRUMBLE

Objectives

We are learning to: make a crumble using the rubbing in method. Use the oven safely.

What I'm looking for:

Must - make a fruit crumble safely & successfully. (DAEP)

Should - mostly identify equipment correctly and follow the recipe independently (with a little help). (MAEP)

Could - follow the recipe with no help. May add additional flavours & complete practical work and extension task. (EAEP)

Ingredients List:

- 100g Flour..... *Wholemeal is higher in fibre*
 - 50g Margarine
 - 50g Sugar..... *You could try reducing to 30g*
 - 2 eating apples..... *You could add blackberries / sultanas*
- Optional*
25g rolled oats *great for soluble fibre*
Or
3 digestive biscuits (crumbled)
Or
2tbs muesli
Or
1 tsp mixed spice / cinnamon*

Bring from home:

- $\frac{1}{2}$ litre pie dish

*available from school



Preparation at home

Weigh and measure all ingredients

Oven temperature: Gas Mark 5, 190°C

Method

1. Preheat the oven.
2. Get out equipment.
3. Sieve flour into the mixing bowl.
4. Rub in the margarine into the flour.
5. Add the sugar and stir it in. (Add any extra flavourings e.g. oats / spices / crumbled biscuits / muesli, and stir well.)
6. Use a sharp knife and a chopping board to slice the apples.
7. Put the fruit in the bottom of the pie dish.
8. Put the rubbed mixture over the pie filling.
9. Bake for 25 minutes.

Storage - Allow to cool then refrigerate.

Note: the margarine was rubbed into the flour using the rubbing -in method

Extension task:

Write yourself 3 "top -tips" to remember about the rubbing-in method for when we make this again.



Key words

Margarine

Sieve

Flour (not flower!)

Finger tips

Next steps – have a go at the Sainsbury's Active Kids Award

SAVOURY CRUMBLE

Objectives

We are learning to: make a crumble using the rubbing in method. Use the oven safely.

What I'm looking for:

Must - make a herby crumble safely & successfully. (DAEP)

Should - mostly identify equipment correctly and follow the recipe independently (with a little help). (MAEP)

Could - follow the recipe with no help. May add additional flavours & complete practical work and extension task. (EAEP)

Ingredients List:

40g butter or margarine
150g flour..... (wholemeal contains more fibre)
50g grated cheese
50g oats..... (Great for soluble fibre)
2 x 5ml mixed herbs*
1 leek (small)
4 mushrooms
1 can chopped tomatoes (400g)

Oven temperature: Gas Mark 5, 190°C

Bring from home:

- $\frac{1}{2}$ litre pie dish

*available in school

Preparation at home

Weigh and measure all ingredients

Method

1. Rub in the butter or margarine into the flour until it resembles breadcrumbs.
2. Stir in the grated cheese, oats and 1 teaspoon mixed herbs.
3. Slice the leeks and mushrooms.
4. Arrange the vegetables in a baking dish.
5. Pour over the canned tomatoes and 1 teaspoon mixed herbs.
6. Sprinkle the crumble topping over the vegetables.
7. Bake in the oven for 25 - 30 minutes, until golden.

Storage - Allow to cool then refrigerate.

Note: the margarine was rubbed into the flour using the rubbing-in method

Extension task:

Write yourself 3 "top -tips" to remember about the rubbing-in method for when we make this again.



Key words

Margarine
Sieve
Flour (not flower!)

Finger tips

Next steps– have a go at the Sainsbury's Active Kids Award

SCONES

Objectives

We are learning to: make scones using the rubbing in method, forming, rolling and shaping a dough. Use the oven safely.

What I'm looking for:

Must - will make scones safely & successfully . (DAEP)

Should - mostly follow the recipe independently (with a little help) , correct consistency of dough & even sizes (MAEP)

Could - follow the recipe with no help. May add additional flavours (develop the recipe) , complete practical work & extension task. (EAEP)

Ingredients List:

200g self-raising flour
50g margarine
1 egg
2 tbs milk

either 100g cheese grated

OR

50g sugar

OR

25g sugar and
50g dried fruit

Bring from home:

Airtight container e.g. an old "quality street" type tin or approx 1 litre 'Tupperware' type box

Preparation at home:

Weigh and measure all ingredients

Oven 200°C/Gas mark 7

*This lesson is about **adapting** recipes- so, you can experiment with the basic dough mix e.g. cheese & pickle OR cheese & marmite OR cherry & apple OR choc chip & orange. You will need to discuss this with staff in a theory lesson first!*

Method

1. Sieve the flour into mixing bowl. Add margarine and rub together until like fine breadcrumbs.
2. Add grated cheese or sugar or fruit and sugar, mix well.
3. Beat egg and milk together. Make a well in the flour mixture and stir in the beaten egg and milk to form a soft dough. If needed add extra liquid.
4. Place the dough on a lightly floured surface and gently knead. Pat out to 2cm thick.
5. Cut out scones - plain cutter for savoury, fluted cutter for sweet. Place the scones on a floured baking sheet. Repeat until all the mixture has been used.
6. Glaze the scones with milk.
7. Bake for 10-15 minutes or until golden brown.
8. NB 1tsp of mustard powder can be added to the cheese scones if desired.
 - i. 1tsp of mixed spice can be added to the fruit scones if desired.
 - ii. They should both be sieved with the flour and salt.

Storage - Once cooled store in an airtight container.

Extension: Describe how you would serve Fruit Scones, and Cheese Scones in a restaurant? What would you serve with them?

Key words:

Well
Cutter
Dough

Next steps – have a go at the Sainsbury's Active Kids Award

Spicy tomato soup

Objectives

We are learning to: use safe and accurate knife skills, and use the hob safely.

What I'm looking for:

Must - make soup safely & successfully. (DAEP)

Should - may need a little help, but mostly show good knife skills and can follow the recipe. (MAEP)

Could - I follow the recipe with no help. Demonstrate precise knife skills, quickly, complete practical work and extension task. (EAEP)

Ingredients

1 onion
1 carrot
1 potato
1 x can chopped tomatoes (400g)
500ml water*
1 stock cube
1/2 tsp dried chilli flakes*
(optional)
1 x tbsp tomato puree

Bring from home:

Airtight container e.g. an old "quality street" type tin or approx 1 litre 'Tupperware' type box

Preparation at home:

Weigh and measure all ingredients

If you don't like spicy food - just miss out the chilli flakes!

Method

1. Prepare the vegetables:
peel and slice the onion;
top and tail, peel and slice the carrot;
peel and cut the potato into 8.
2. Put all the ingredients into a saucepan.
3. Stir everything together, bring to the boil and then simmer for 20 minutes.
4. Once vegetables are soft ask a member of staff to blend the soup until smooth.
5. Carefully pour into your container from home, allow to cool before refrigerating.

- ◆ Ensure the soup reaches boiling point when you reheat it at home.
- ◆ Serve with wholegrain bread.
- ◆ Use different herbs and spices, e.g. basil, mixed herbs, paprika

**Extension task: find out how soup can be garnished
(stick ideas from magazines in the back of your recipe book)**

Key words:

Simmer
Top and tail
Blend
Stick Blender

Next steps— have a go at the Sainsbury's Active Kids Award

MELTING MOMENTS

Objectives

We are learning to: make a batch of biscuits using the creaming method.

What I'm looking for:

Must - make biscuits safely & successfully (DAEP)

Should - may need a little help, but mostly able to follow the recipe independently. Biscuits will be consistent in size. (MAEP)

Could - follow the recipe with no help. Biscuits will be decorated with oats /cornflakes and consistent in appearance. Complete practical work and extension task. (EAEP)

Ingredients

200g self-raising flour

75g caster sugar

65g margarine

40g lard (OR 40g extra margarine)

$\frac{1}{2}$ egg (you could bring 1 between 2)

1 tsp Vanilla Essence

Oats or crushed cornflakes

3 Glace Cherries (optional)

From Home

Airtight container (e.g. a "Quality Street" type tin or 1 litre

'Tupperware' type box.

Preparation at home

Weigh and measure all ingredients

Oven temperature 180°C

Method

1. Grease a baking tray and preheat your oven to 180C / Gas mark 4
2. Cream the margarine, lard and the sugar until very light and fluffy.
3. Beat the egg in a jug, and divide it equally between you and a friend.
4. Add the vanilla essence.
5. Stir in the flour and mix well.
6. Divide the mixture into 12 pieces and roll each into a ball and toss in rolled oats or cornflakes.
7. Place on greased baking trays, flatten slightly and place a small piece of cherry on each biscuit.

To help shape 'ball' type biscuits, slightly dampen the hands.

Storage - Allow to cool then place in an airtight container.



Extension task:

If a baker wanted to make 48 biscuits how much would he need of each of the ingredients?

Key words

Creaming

Baking

1 cherry many cherries

biscuit

MACARONI CHEESE

Objectives

We are learning to: make an all-in-one sauce.

What I'm looking for:

Must - make a sauce using the hobs safely. (DAEP)

Should - may need a little help, but mostly able to follow the recipe independently. (MAEP)

Could - follow the recipe with no help Your sauce will be smooth. Complete practical work and extension task. (EAEP)

Ingredients (Serves about 3)

150g macaroni or similar pasta
100g cheese
375ml milk
25g plain flour
25g margarine
Salt*, pepper*, pinch of mustard*
1 tomato (optional garnish)

From Home

Ovenproof dish (approx $\frac{1}{2}$ litre) with lid or foil

Preparation at Home

Weigh and measure all ingredients

Method

1. Put a large pan of water on to boil, add salt.
2. Grate the cheese.
3. Make the cheese sauce; put the milk, flour, margarine, salt, pepper and mustard into a pan. Bring to the boil, whisking all the time. Remove from the heat.
4. Cook the macaroni in the boiling water for about 12 minutes until tender.
5. Back to the cheese sauce: stir in most of the grated cheese, saving a little for the top.
6. Drain the macaroni when it is cooked, put into the cheese sauce, then put into an ovenproof dish.
7. Put the remaining cheese on top and garnish with a sliced tomato.
8. (At home) bake or grill until golden brown

You can add tuna, ham, tomato etc to the macaroni cheese if you wish.

Storage - Allow to cool then refrigerate.

Extension Task: Explain what is meant by the all-in-one-method. Why is it important to keep whisking the sauce when it is on the hob?

Next
steps...Active
kids award.

Key Words

Whisk

Sauce

Macaroni

Boil