

**Crompton House**

**Year 7**

**Recipe Booklet**

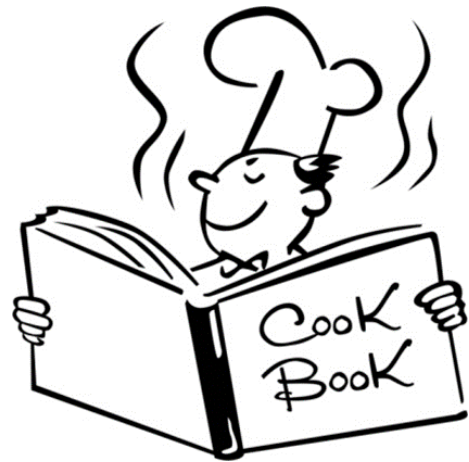
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**NOTE: Students MUST bring a suitable sized container with a lid to lessons.**

## **Topic: Introduction to Fruit & Vegetables**

### **Fruit Salad**

#### **Ingredients student need to bring:**

- 1 red apple
- 1 green apple
- 1 kiwi
- 1 orange or tangerine

**Students may bring 1 of these extra ingredients if they wish:** tinned pineapple chunks, grapes, strawberries



#### **Ingredients supplied by school**

100ml fresh orange juice

#### **Method**

1. Pour orange juice into a mixing bowl
2. Using a knife top and tail the orange on a chopping board
3. Place orange flat side down, and using the knife remove the skin
4. Segment the orange
5. Top and tail the kiwi fruit, and peel skin using a peeler.
6. Cut kiwi into even slices.
7. Wash apples.
8. Cut apple in half. Place apple flat side down, and slice evenly.
9. Cut away the core from each piece of apple.
10. Place fruit into the bowl of juice, and stir evenly.

**NOTE: Students MUST bring a suitable sized container with a lid.**

## **Topic: Introduction to Fruit & Vegetables**

### **Couscous Salad**

#### **Ingredients students need to bring:**

**Students must bring 3-4 ingredients of their choice to add to the couscous salad. Please choose from the list below:**

- 1 red, green or orange pepper
- 2 tomatoes or a handful of cherry tomatoes
- 1/4 cucumber
- 2 spring onions
- 3 tbsp tinned sweetcorn
- Feta cheese



#### **Ingredients supplied by school:**

- 100g couscous
- 1 vegetable stock cube

#### **Method**

1. Put stock cube into a measuring jug, and add 200ml of boiled water. Stir with a spoon, until stock has dissolved.
2. Place couscous into a mixing bowl and gently pour vegetable stock over the couscous. Leave for 5-10mins.
3. Wash, deseed and evenly slice peppers.
4. Top and tail spring onions, and slice evenly.
5. Drain sweetcorn into a sieve over the sink.
6. Once couscous has absorbed the stock, fluff up with a fork.
7. Evenly mix vegetables into the couscous.

**Can be served with the salad dressing on page 21.**

**NOTE: Students MUST bring a suitable sized container with a lid**

## **Topic: Introduction to Fruit & Vegetables**

### **Mediterranean tart**

#### **Ingredients students need to bring:**

Students have the option to bring 1-2 toppings of their choice if they wish. These must be from the list below:

- 2 tomatoes
- 1/2 pepper
- 3 tbsp sweetcorn
- 1 small red onion

#### **Ingredients supplied by school**

- Small block of ready made puff pastry
- 100g cheddar cheese
- 2 tbsp passata



#### **Method**

1. Preheat oven to 180°C.
2. Dust work surface with flour using a flour dredger
3. Roll out puff pastry to form a rectangular shape of even thickness
4. Place pastry onto a baking tray
5. If necessary, cut pastry edges to form a neat rectangle
6. Score a line around the pastry edge, about 2cm from the edge
7. Spread passata over pastry, keeping inside the scored edges
8. Prepare and evenly slice any vegetables
9. Arrange toppings neatly over the pastry
10. Bake in oven for 20-25mins until golden brown

**NOTE: Students MUST bring a suitable sized container with a lid**

## **Topic: Starchy Carbohydrates**

### **Cheese & Potato Bake**

#### **Ingredients students need to bring:**

1 medium/large potato

#### **Ingredients supplied by school**

50g grated cheddar cheese

50ml milk

Salt & pepper

1/4 tsp dried mixed herbs



#### **Method**

1. Preheat oven to 200°C.
2. Peel potato and wash under cold water to remove any dirt
3. On a chopping board slice potato evenly and thinly
4. Layer sliced potato inside a foil tray
5. Gently pour milk over the potato
6. Sprinkle grated cheese on top
7. Sprinkle herbs and seasoning over the cheese
8. Place on a baking tray and place in a hot oven for 25mins until potato is soft and cheese is golden and bubbling

**NOTE:** Students MUST bring a suitable sized container with a lid

## **Topic: Starchy Carbohydrates**

### **Pasta Salad**

#### **Ingredients students need to bring:**

**Students must bring 3-4 ingredients of their choice to add to their salad from the list below:**

5 cherry tomatoes  
1/4 cucumber  
1 pepper  
2 spring onions  
3 tbsp tinned sweetcorn  
1 carrot  
50g cheddar cheese  
Tinned tuna



#### **Ingredients supplied by school**

100g pasta  
Low fat mayonnaise or salad cream

#### **Method**

1. Fill a saucepan half way with cold water and bring to the boil. Once water is boiling, turn down the heat, and add the pasta. Simmer for 10-15mins.
2. Prepare vegetables - wash, slice and dice vegetables evenly
3. Grate cheese
4. When pasta is al dente, turn off heat and drain pasta into a colander placed in the sink
5. Rinse pasta under cold running water and leave to drain for 2-3 mins.
6. Put pasta into your container.
7. Arrange and layer toppings attractively on top of pasta contrasting colours
8. Finish salad with a salad dressing.

**NOTE: Students MUST bring a suitable sized container with a lid**



## **Topic: Starchy Carbohydrates**

### **Quesadilla's**

#### **Ingredients supplied by school**

- 1 tbsp oil
- 2 flour tortillas
- 2 tbsp passata
- 60g cheddar cheese

#### **Method**

1. Grate cheese.
2. Cover half of ONE tortilla with 1 tbsp. of passata sauce.
3. Sprinkle half the grated cheese on top of the passata sauce.
4. Fold tortilla in half and gently press together to enclose the filling.
5. Repeat the process with the second tortilla.
6. Collect a food slice.
7. Place frying pan on the hob and drizzle 1 tbsp oil into the pan
8. Turn hob onto a medium heat and allow oil to heat slightly
9. Using the food slice, gently place the two quesadilla halves into the frying pan.
10. Cook each side of the tortillas for approx. 2 minutes until golden, flipping over to cook the other side.
11. Once cheese has melted and tortillas are golden, turn off heat and remove from pan using the fish slice.
12. Cut each tortilla in half to create 4 triangle shapes.



**NOTE: Students MUST bring a suitable sized container with a lid**



## **Topic: Starchy Carbohydrates**

### **Apple Crumble**

#### **Ingredients students need to bring:**

2 eating apples

**Optional:** 30g raisins or sultanas

#### **Ingredients supplied by school**

100g plain flour

50g margarine

25g caster sugar



#### **Method**

1. Preheat oven to 180°C.
2. On a chopping board, peel and evenly slice apples
3. Place apples into an ovenproof dish
4. If using raisins or sultanas, sprinkle over the apples
5. Place flour and margarine into a mixing bowl.
6. Using your fingertips rub margarine into flour using the rubbing in technique until it resembles fine breadcrumbs.
7. Stir sugar evenly into the crumble mixture.
8. Spread crumble mixture over the apples.
9. Bake in oven for 20-25 minutes, until golden brown.

**NOTE:** Students **MUST** bring a suitable sized container with a lid

## **Topic: Starchy Carbohydrates**

### **Rock Cakes**

#### **Ingredients supplied by school**

200g self-raising flour

75g margarine

75g caster sugar

50g dried mixed fruit

1 egg



#### **Method**

1. Preheat the oven to 180°C.
2. Place flour and margarine into a mixing bowl
3. Using the rubbing in technique, rub flour into fat using your fingertips until it resembles fine breadcrumbs.
4. Stir in the sugar and dried fruit.
5. Beat egg in a measuring jug.
6. Stir beaten egg into the dry ingredients until the mixture binds together to form a soft dough.
7. Divide the mixture evenly onto a lined baking tray.
8. Bake for 12-15 minutes, until golden-brown.

**NOTE: Students MUST bring a suitable sized container with a lid**

## **Topic: Dairy & Alternatives**

### **Garlic bread**

#### **Ingredients supplied by school**

- 1 small baguette
- 30g margarine
- 2 cloves crushed garlic
- 1 tsp dried parsley



#### **Method**

1. Preheat the oven to 180°C.
2. Prepare and crush garlic.
3. In a mixing bowl, mix together the margarine, garlic and parsley until soft and creamy.
4. Cut the baguette into even slices. Do not cut all the way through to the bottom.
5. Spread garlic evenly between slices.
6. Loosely wrap baguette in foil, leaving the foil slightly open at top.
7. Place on a baking tray, in the oven and bake for 15 minutes until golden.

**NOTE: Students MUST bring a suitable sized container with a lid**

## **Topic: Dairy & Alternatives**

### **Quiche Lorraine**

#### **Ingredients supplied by school**

150g plain flour  
75g margarine  
125ml cold water  
60g cheddar cheese  
100ml milk  
2 eggs



#### **Method**

1. Preheat oven on 180°C.

#### **Make shortcrust pastry**

1. Place flour and margarine into a mixing bowl.
2. Using the rubbing in technique, rub the fat into the flour until it resembles breadcrumbs.
3. Slowly add water a little at a time, binding together with a knife. You may not need all the water.
4. Dust work surface with flour, and evenly roll out pastry with a rolling pin.
5. Place pastry into an ovenproof flan dish.

#### **Make filling**

1. Grate cheese.
2. Place cheese into the pastry flan.
3. Measure milk in measuring jug.
4. Crack eggs into the milk.
5. Beat using a folk.
6. Slowly pour the liquid over the cheese filling.
7. Bake in oven for 30-35mins until golden and springy

## **Topic: Dairy & Alternatives**

### **Fruit Crunch**

#### **Ingredients students need to bring:**

**Students must bring one type of fruit from the choice below:**

5-8 Strawberries

Handful of blueberries

Handful of raspberries

1 small tin of tinned fruit

#### **Ingredients supplied by school**

50g granola, oats or muesli

200ml yoghurt

150ml double cream



#### **Method**

1. Pour double cream into a mixing bowl and mix with an electric whisk for 2-3mins until the cream has thickened and leaves a trail.
2. Slowly fold in the yogurt
3. Wash and prepare fruit if necessary e.g. half strawberries
4. Place a layer of fruit in the bottom of a clear pot
5. Add a layer of yoghurt mixture
6. Repeat the process again - layer of fruit, then a layer of yoghurt mixture.
7. Finish with a crunchy granola topping.

**NOTE: Students MUST bring a suitable sized container with a lid**

## **Topic: Protein Foods**

### **Frittata**

#### **Ingredients students need to bring:**

2 tomatoes **or** 4-5 cherry tomatoes

#### **Ingredients supplied by school:**

2 eggs

100ml milk

50g cheddar cheese

2 tbsp sweetcorn



#### **Method**

1. Preheat the oven to 180°C.
2. Measure milk in a measuring jug.
3. Crack eggs into the milk and beat well with a fork.
4. Grate the cheese
5. Add cheese into an ovenproof dish
6. Prepare and chop tomatoes
7. Sprinkle chopped tomatoes and sweetcorn over the cheese
8. Pour egg and milk mixture over the cheese, ensuring all ingredients are in the milk mixture
9. Place dish on a baking tray and bake in oven for 10-15mins until golden and mixture is set.

**NOTE: Students MUST bring a suitable sized container with a lid**



## **Topic: Protein Foods**

### **Hummus**

#### **(Working in pairs)**

#### **Ingredients supplied by school:**

- 400g canned chickpeas
- 2 cloves garlic
- 1 tsp lemon juice
- 2 tbsp cold water
- 2 tbsp tahini (sesame seed paste)
- 2 tbsp oil
- 1 tsp paprika
- 2 Pitta bread



#### **Method**

1. Drain the chickpeas in a colander over the sink and rinse with cold water
2. Blend the chickpeas in a food processor or using a hand blender, until they are a chunky texture
3. Peel and crush the garlic
4. Add garlic, lemon juice, water, tahini, paprika and oil into the food processor and blend until smooth
5. Garnish with a light sprinkle of paprika
6. Serve with pitta bread.

**NOTE: Students MUST bring a suitable sized container with a lid**



## **Topic: Protein Foods**

### **Fish Goujons**

#### **Ingredients supplied by school:**

1 skinless, boneless fillet of white fish e.g. cod, haddock  
1 egg  
20g plain flour  
2 pieces of bread - made into breadcrumbs in food processor



#### **Method**

1. Preheat the oven to 180°C
2. Place the flour into a small dish
3. Beat the egg in a measuring jug
4. Place breadcrumbs in a small bowl
5. Slice fish into even pieces of 2cm thickness in width
6. Coat each piece of fish in flour
7. Coat in the beaten egg
8. Coat in the breadcrumb mixture ensuring each piece of fish is evenly coated.
9. Place on a baking tray
10. Bake in oven for 20-25mins until golden.

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## **Topic: Fats & Oils**

### **Shortbread**

#### **Ingredients supplied by school:**

150g plain flour  
100g margarine  
50g caster sugar



#### **Method**

1. Preheat oven to 180°C
2. Put flour and sugar into a mixing bowl and mix together with a wooden spoon.
3. Add margarine to the bowl
4. Using your fingertips, rub the margarine into the flour using the rubbing in technique. Do this until a soft dough forms.
5. Dust the work surface with flour from a flour dredger.
6. Roll out the dough to an even thickness of 1cm.
7. Using pastry cutters, cut out even shaped biscuits.
8. Place biscuits onto a baking tray, and bake in oven for 15-20mins until golden.
9. Remove from oven, and sprinkle with caster sugar.

**NOTE: Students MUST bring a suitable sized container with a lid**

## **Topic: Fats & Oils**

### **Dutch apple cake**

#### **Ingredients students need to bring:**

1 eating apple

#### **supplied by school:**

100g caster sugar

100g soft margarine

2 eggs

100g self-raising flour

1 tsp spoon baking powder

1 tsp spoon demerara sugar



#### **Method**

1. Preheat oven to 180°C.
2. Grease and line a cake tin.
3. Using an electric whisk, cream together the margarine and sugar until it is light and fluffy.
4. In a measuring jug, beat the eggs with a fork.
5. Add the beaten egg to the creamed mixture a little at a time. Each time mixing in with the electric whisk until all the egg has gone.
6. Fold the flour and baking powder into the mixture, a spoonful at a time, using a wooden spoon.
7. Spread the mixture in the cake tin.
8. Core the apple and slice thinly.
9. Arrange the apples neatly over the cake mix, and then sprinkle the sugar on top.
10. Place in the oven and bake for around 20 minutes, until golden brown and springy to the touch.
11. Remove from the oven and allow to cool.

**NOTE: Students MUST bring a suitable sized container with a lid**

## **Topic: Fats & Oils**

### **Salad Dressing for Couscous Salad**

#### **Ingredients supplied by school:**

2 x 15ml spoon olive oil  
1 x 15ml spoon lemon juice  
1 x 15ml spoon fresh coriander or parsley  
Pinch of black pepper  
1 clove of garlic



#### **Method**

1. Place all dressing ingredients into a jar or container with a lid and shake
2. Pour the dressing over salad