

Year 7 Home Learning

Look on ClassCharts to find out what you should have been making in your food lesson this week. If possible, and if you have the ingredients to do so, try making this dish at home. Your teacher would love to see an image of it when you return to school!

If you are not sure what you would have been making, or if it would have been a theory lesson, there is an extra recipe on page 9 that you could make instead!

Please ask for permission before you carry out any cooking at home!

If you are not able to cook this week then please do not worry. There are tasks at the end of this booklet for you to complete instead.

Fruit crumble

Ingredients

150g plain flour

75g hard margarine

75g sugar

2 cooking apples

25g sultanas

50g oats

½ teaspoon cinnamon

Method

1. Preheat the oven to 180°C.
2. Put the flour and margarine into a mixing bowl. Cut up the margarine with a round-ended knife.
3. Rub in the margarine with your fingertips until it looks like bread-crumbs.
4. Stir in the sugar and oats and set aside.
5. Peel the apples. Cut into quarters, remove the core and slice thinly.
6. Arrange the apple slices in an oven-proof dish and sprinkle over the sultanas and cinnamon.
7. Sprinkle the crumble topping over the apple slices.
8. Bake for approximately 30 minutes, until the fruit is soft and the crumble is golden brown.

Stir fry

Ingredients (serves 1)

100g noodles
1 clove garlic
1 onion
1 pepper
3 mushrooms
1 pak choi
50g beansprouts
1 tablespoon oil
1 tablespoon soy sauce

Method

1. If using dried noodles, cook in boiling water following the instructions on the back of the packet.
2. While the noodles are cooking prepare the vegetables:
peel and crush the garlic;
chop the onion, pepper and mushrooms;
shred the pak choi.
3. Heat the oil in the wok or frying pan on a high heat.
4. Add the harder vegetables and cook for 3 minutes, stirring continuously.
5. Add the softer vegetables and cook for a further 3 minutes.
6. Drain the water from the noodles using a colander.
7. Stir in the cooked noodles and the bean sprouts and cook for a further 2 minutes.
8. Add soy sauce and serve.

Chilli con carne

Ingredients

250g of minced beef
1 onion
1 pepper
50g mushrooms
1 courgette
Small tin red kidney beans
1 garlic clove, crushed
400g tin chopped tomatoes
1 tablespoon tomato puree
1 level teaspoon chilli powder
1 beef stock cube

Method

1. Prepare the vegetables and the garlic.
2. Dry fry the mince in a saucepan over a medium heat. Drain off the excess fat.
3. Add the prepared vegetables and stir continuously for 5 minutes to soften.
4. Stir in the tomato puree, tin of chopped tomatoes, kidney beans and chilli powder.
5. Crumble the stock cube and add to the pan. If it looks dry add some water (about 75ml).
6. Turn down to a low heat and leave to simmer for 20 minutes.
7. If the mixture appears to becoming too dry add a drop more water.

Beef burgers

Ingredients

300g minced beef

50g fresh white breadcrumbs

½ onion finely grated

Salt and pepper to season

½ a beaten egg

Method

1. Preheat oven to 180°C.
2. Combine all ingredients for the burgers together in a mixing bowl.
3. Divide into 4 equal sized pieces and shape into 2cm thick.
4. Place on a baking tray and bake for approximately 20 minutes until cooked through.
5. Alternatively fry the burgers in hot fat in a frying pan for about 1 minute on each side. Turn down and cook over a moderate heat for a further 6-8 minutes, turning twice.

Pizza

Ingredients

250g strong plain flour	3 tablespoons tomato puree
25g margarine	125g grated cheese
½ teaspoon salt	Toppings
1 teaspoon dried yeast	
1 teaspoon sugar	
125mls warm water	

Method

1. Preheat the oven to 190°C.
2. In a measuring jug place the yeast, sugar and water. Stir and put to one side.
3. Sieve the flour into a mixing bowl. Add the salt.
4. Cut up the margarine and rub into the flour until like fine breadcrumbs.
5. Gradually add the contents of the measuring jug, bring together the ingredients with a round-ended knife. It should be a soft, smooth dough.
6. Sprinkle some flour onto the work surface. Knead the dough for 10 minutes until smooth.
7. Roll out into a circle approximately 25cm in diameter. Place on a greased baking tray.
8. Spread the tomato puree onto the base. Add the cheese and other toppings.
9. Bake 20-25 minutes until the bottom of the base is golden brown.

Macaroni cheese

Ingredients

150g macaroni

Black pepper

Sauce

25g margarine

25g plain flour

250mls milk

150g grated cheddar cheese

Method

1. Preheat the oven to 190°C.
2. Bring a saucepan of water to the boil, and then add the macaroni. Cook for about 10-12 minutes, until al dente.
3. Grate the cheese.
4. While the pasta is cooking, make the sauce.
5. Place the margarine, flour and milk into a small saucepan.
6. Bring the sauce to a simmer, whisking it all the time until it has thickened.
7. Stir in half (75g) of the grated cheese.
8. Drain the pasta.
9. Stir the drained macaroni into the cheese sauce and add a few twists of black pepper.
10. Pour the macaroni into an oven-proof dish or foil tray.
11. Sprinkle over the remaining cheese.
12. Bake for approximately 20 minutes until golden brown.

Minestrone soup

Ingredients

3 rashers of streaky bacon
1 onion
1 stick of celery
1 carrot
1 large potato
1 clove of garlic
1 dessert spoon of vegetable oil

1 tablespoon of tomato puree
1 tin of chopped tomatoes
½ teaspoon mixed dried herbs
400mls water
1 vegetable stock cube
75g peas
25g spaghetti, broken into short pieces

Method

1. Peel and slice the onion. Wash and slice the celery.
2. Peel and dice the carrot. Peel and dice the potato. Peel and crush the garlic.
3. Cut the bacon into thin strips.
4. Heat the oil in a saucepan. Add the prepared vegetables and bacon. Fry for 5 minutes, without browning.
5. Add the garlic and fry for 1 minute.
6. Add the tomato puree and fry for 1 minute.
7. Add the tomatoes, water and crumble in the stock cube. Add the herbs and season with salt and pepper.
8. Bring to the boil and simmer for 10 minutes.
9. Add the spaghetti and peas and simmer for a further 15 minutes.

Extra recipe: Blueberry and chocolate muffins

Ingredients

50g chocolate, broken up into chunks

75g blueberries

125g self-raising flour

1/2 teaspoon bicarbonate of soda

50g caster sugar

1 egg

100mls semi-skimmed milk

45ml sunflower oil

1 teaspoon vanilla essence

Method

1. Preheat oven to 180°C.
2. Put 6 muffin cases into a muffin tin.
3. Sieve the flour and bicarbonate of soda into the large mixing bowl. Add the sugar and mix with a wooden spoon.
4. Break the eggs into a small bowl and whisk lightly with a fork.
5. Measure out the milk, oil and vanilla essence into the measuring jug. Add to the eggs and mix well.
6. Add the liquid ingredients into the large mixing bowl. Stir until the lumps have gone but do not overbeat.
7. Gently fold in the blueberries and chocolate.
8. Spoon the mixture into the muffin cases.
9. Bake for 15-18 minutes until golden brown and springy to touch.

Pizza toast

Ingredients

Either 1 bagel, 2 slices of bread or a pitta bread

50g cheese

1-2 slices cooked meat

1 tomato

Tablespoon of tinned sweetcorn

Method

1. Preheat the grill to a medium heat.
2. Prepare the toppings—slice the tomato and the cooked meat. Grate the cheese.
3. Take your chosen bread. If it is a bagel it will need to be carefully sliced in half. Spread a tablespoon tomato puree over the bread.
4. Sprinkle over the cheese and then add your cooked meat and tomato.
5. Place the pizza toast onto a grill pan or a baking tray and carefully place under the grill. Grill until the cheese has melted, usually around 3-4 minutes.

Salad dressing

Recipe 1—French dressing

Goes well with everything!

1 tsp Dijon mustard

2 tbsp. white wine vinegar

6 tbsp. olive oil

A pinch of sugar, salt and pepper

1. Combine ingredients in the glass jar, place the lid on and shake well.
2. Label with your name and the name of the dressing.

Recipe 2—Honey and mustard

Goes well with chicken!

2 tsp Wholegrain mustard

2 tsp honey

6 tbsp. olive oil

Juice of 1 lemon

Pinch of salt and pepper

1. Combine ingredients in the glass jar, place the lid on and shake well.
2. Label with your name and the name of the dressing.

Pasta salad

Ingredients

50g pasta shapes

25g cheese

Few cherry tomatoes

1/4 of cucumber

Handful of sweetcorn

2 slices of ham

Method

1. Half fill a pan with water and place it on the hob. Place on the highest heat and leave to boil.
2. Chop the salad ingredients and the meat.
3. Grate the cheese.
4. Once your water is boiling, carefully add your pasta. Leave for 10 minutes to cook.
5. Carefully drain the pasta using a colander.
6. Place the pasta into a bowl, mix in the other ingredients and finish with the salad dressing.

Oaty bake

Ingredients

75g self raising flour

50g oats

25g sugar

50g chocolate chips

50g margarine

2 tablespoons syrup

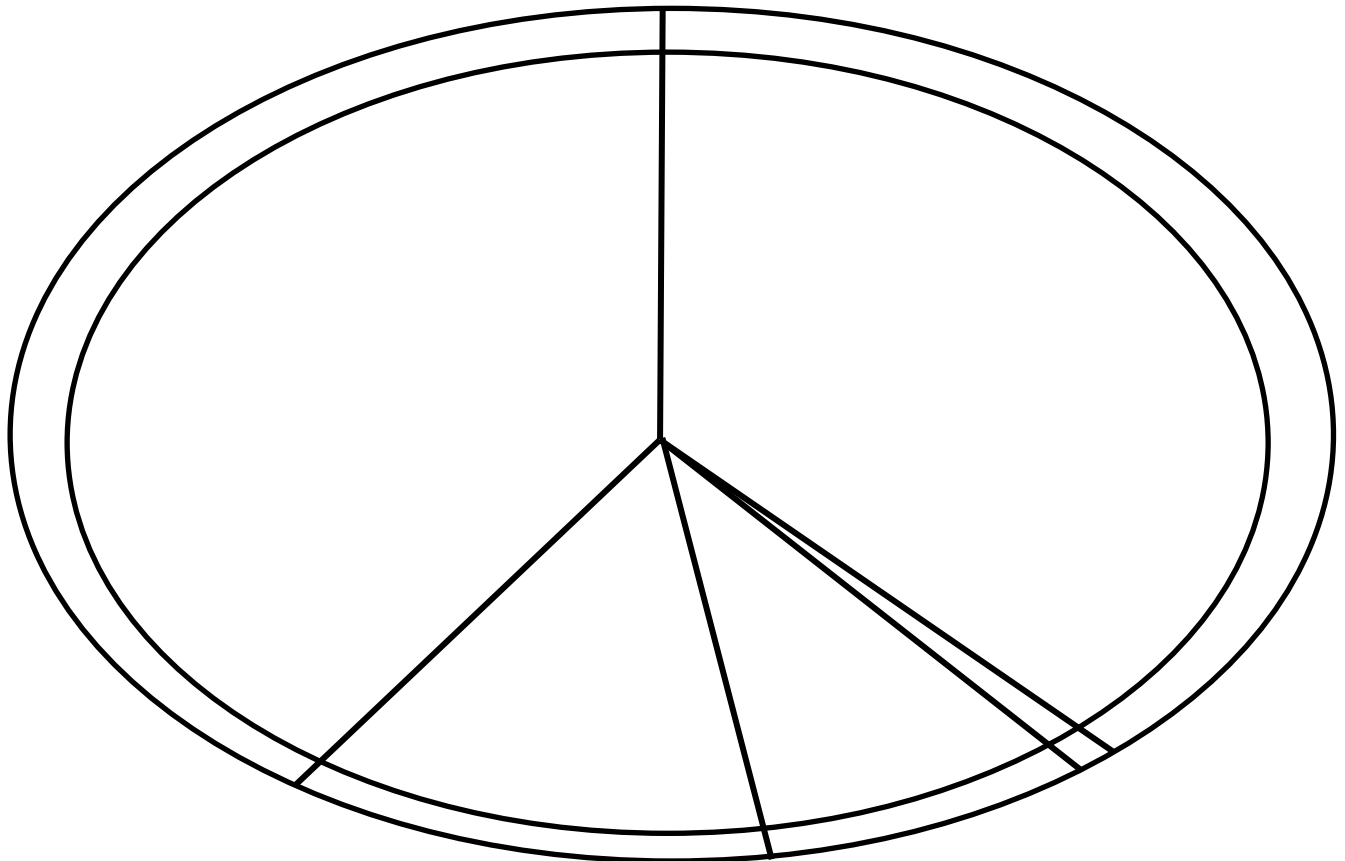
Method

1. Preheat oven to 170°C.
2. Mix dry ingredients in large mixing bowl.
3. Heat the margarine and syrup in the sauce pan gently until melted.
4. Remove from heat and stand on pan stand.
5. Stir in all remaining dry ingredients using wooden spoon.
6. Spoon into foil tray.
7. Level out top using a metal spoon.
8. Place 2 onto a baking tray.
9. Bake for 10 -15 minutes until golden brown.

Additional task 1

2. Label the Eatwell Guide below to show the foods found in each section.

3. Draw the ingredients from this week's recipe onto the Eatwell Guide. Use pencil for your drawings.



4. Complete the following passage:

I think that this recipe is healthy/unhealthy (delete as appropriate) because _____

Additional task 2

1. Design a storyboard which shows and explains how to make the product that you would have been making at school.

1.	2.
3.	4.
5.	6.
7.	8.