

Please note: Some changes may be made to the order in which dishes are made for a range of reasons such as time constraints. . If this happens your teacher will let you know at least a week in advance and reminder placed on SMHW.



Sale High School

Year 7

Food Technology

Recipe Booklet

SKILLS FOR LIFE



Please ensure your child has his/her ingredients for all lessons. If there are genuine problems that could prevent you from doing so, please send a note to Mrs. Chung-Anderson at least 2 lessons before we are scheduled to cook so arrangements can be made for him/her to participate in the lesson.

To Parents and Students: Students will need to have their ingredients weighed out and labelled at home. If they cannot do this (only in the case of no working scales at home) they must label their bag with their name and year group as well as and a note to indicate ingredients will need weighing then hand to the technician on arrival to school or weigh them out themselves in school either in the morning or at break or lunch.

1. Please do not send in large amounts of ingredients as we will not have time to prepare these. Please follow the recipes provided.
2. Students must collect their practical work at the end of the school day, if they forget they must do so no later than the next day as we cannot store forgotten dishes/ingredients for longer than 1 day.
3. Food cost-Due to increased food cost we aim to provide some ingredients for pupils such as spices etc(see recipes). We understand the challenges this may place on some families so if there are genuine problems please let us know in advance so your child doesn't need to miss out on his/her learning. Where possible please provide what you can from the list and let us know in advance what we can help with

Other

Food hygiene and safety rules will continue to be a priority so that items made in school can be eaten at home as a meal or part of a meal. Please ensure that foods are stored and reheated properly at home before eating. (see the next page).

If your child has any allergies to food or cleaning solutions please inform us.

Year 7- Making List and rules

Please note that you may reduce the recipe for your child if you feel this is too much but do not increase the amounts. For example you may halve the recipe. It is also a good idea to buy value line products and shop around for cheaper options. I am aware that it can be difficult to purchase ingredients, but the students enjoy making and are taught hygiene rules so these dishes can be eaten at home with the family, as a meal or part of a meal. Please encourage your child to practise what is learnt at home. **Please weigh ingredients at home.**

Note to Students

All containers with ingredients and for taking home finished products must be clearly labelled with your Name and Form. Ingredients must also be taken to the room before registration. Pupils are responsible for collecting their finished product and containers after period 5.

Hygiene and Safety

You will leave bags, coats and blazers at your chair in room 14.

Always roll up sleeves and wash hands before you begin following hand washing policies.



Always collect wear a clean apron from the designated area and place used aprons in the correct place.



Tie long hair back before entering the Food Tech room.

Fill sink with hot soapy water for washing up. After washing up clear drain and wash your sink.



Pick up vegetable peels that may fall on the floor and place in bin. Report any spills immediately.

Store high risk foods (meat, fish, milk cheese, cream etc) in the refrigerator on your arrival to school.

Remember not to place hot food in the refrigerator.

Set up work surface neatly with ingredients and equipment before you begin. Put away any carrier bags.



Tidy as you go and ensure that at the end all equipment used are washed dried, checked by the teacher then packed away.

Most importantly always listen and follow instructions.



Note we aim to make all dishes but this will depend on the time available.

Vegetable crudities and Hummus

1 large carrot or 2 medium

1 red pepper

$\frac{1}{2}$ cucumber

$\frac{1}{2}$ can chick peas

1 clove garlic

1 lemon

1 $\frac{1}{2}$ tbsp. tahini (provided in school)



Please also supply a small container with a lid to take the hummus and vegetables home

Ratatouille (with beans as a protein source)

1 red onion

1 pepper

1 clove garlic

1 small aubergine

1 courgette

2 large tomatoes

1 can of cannellini beans

1 tbsp vegetable oil (provided)

Basil (provided in school)

$\frac{1}{2}$ tbsp. sugar (provided in school)

$\frac{1}{2}$ tbsp. red wine vinegar (provided in school)

Container with a lid



Bolognese

250g minced beef/quorn mince

1 small onion

1 clove garlic

1 can chopped tomatoes

1 small carrot

1 beef/veg stock cube

1tsp tomato puree (provided in school)

Mixed herbs (provided in school)

1tsp Worcestershire sauce (provided in school)

WE WILL NOT COOK THE SPAGHETTI IN SCHOOL



Carrot Cupcakes (you can halve the recipe to make only 6)

175g sugar

100g wholemeal self-raising flour (provided at school)

100g self-raising flour

1 tsp bicarbonate of soda (provided at school)

2 tsp mixed spice(provided at school)

zest 1 orange

These are delicious

2 eggs

150ml sunflower oil (provided at school)

200g carrots , **grated at home.**

12 muffin cases

Optional-For the yummy icing (Make this at home)

100g butter, softened

300g soft cheese



100g icing sugar, sifted

1 tsp vanilla extract (provided at school)

Container with a lid

Method

1.Heat oven to 180C/160C fan/gas 4 and line a 12-hole muffin tin with cases. In a large mixing bowl, mix the sugar, flours, bicarbonate of soda, mixed spice and orange zest. Whisk together the eggs and oil, then stir into the dry ingredients with the grated carrot. Divide the mixture between cases and bake for 20-22 mins until a skewer poked in comes out clean. Cool on a wire rack before icing.

2.For the icing, beat the butter until really soft, then beat in the soft cheese, icing sugar and vanilla. Use a palette or cutlery knife to swirl the icing on top of the cakes, then sprinkle with decorations.

Michelin star scones

Practical assessment

Ingredients provided in school for this.

Container with a lid



Salad in a Jar task Students will be learning about how a person's dietary needs affect their food choice. They will make a salad suitable for different cultures/diets.

Most ingredients will be provided.

Your child will need to **bring: 2 different vegetables**, 1 spring onion, a source of protein(cooked chicken/ cheese/tuna/ or based on a culture etc) and **container with a lid**.



Chicken kebabs

1- 2 chicken breasts

$\frac{1}{2}$ green pepper

$\frac{1}{2}$ red pepper

1 small onion

1 lemon

1 or 2 garlic cloves



Container with a lid

Tortilla (Spanish Omelette)

You will need:

2 eggs

50g grated cheddar

1 potato



Millies Cookies

60g butter

50g brown soft sugar

60g caster sugar (provided at school)

1 egg

110g Self raising flour

Chocolate chips



Container with a lid

To make this healthier your child may add 10g oats with the flour(so 100g self raising flour)/use dried fruits instead of chocolate chips, reduce the sugar content (we can provide honey instead of caster sugar)

If we have time this year we will also make **Chicken Goujons**.
For this you will need

1 chicken breast, 1 egg and a small container to take it home.