

Y7 Recipe Book



- **Fruit Salad**
- **Croque Monsieur**
- **Scones**
- **Muffins**
- **Spicy Dahl**
- **Bread Rolls**
- **Fruit & Oat Cookies**
- **Quesadillas**

Y7 Fruit salad

Health and safety



Knife - Bridge & Claw methods.

Ingredients

75ml orange juice
Banana
Apple
Tinned peach
Pear
Grapes

Equipment

Vegetable knife
Green chopping board
container



Method

1. Divide fruits into browning and non browning.
2. Slice the non browning fruits first into bite sized pieces and place in your container.
3. Next slice the browning fruits and place in the container. After each browning fruit is added cover with fruit juice.

☐ Celery	☐ Gluten	☐ Crustaceans	☐ Eggs	☐ Fish
☐ Lupin	☐ Milk	☐ Molluscs	☐ Mustard	
☐ Nuts	☐ Peanuts	☐ Sesame	☐ Soya	☐ Sulphites

Y7 Croque Monsieur

Health and safety



Knife - Bridge & Claw methods.
Use **oven gloves** to remove the tray from the oven.
Cheese is **very hot** and sticky.

Ingredients

2 slices of bread
Grated cheese
1 slice of ham
1 tomato

Equipment

Vegetable knife
Green chopping board
Baking tray
Tin foil



Method

- ☐ Pre heat the grill to **180 Degrees**.
- ☐ Place the **foil** on the baking tray.
- ☐ **Slice** the tomato.
- ☐ **Grill** the first slice of bread until **lightly brown**.
- ☐ Place the ham, tomato and cheese on top of the toasted bread.
- ☐ **Grill** the toastie until the **cheese starts to bubble**.
- ☐ Remove from the grill. Place the second slice of bread on top and add more cheese topping.
- ☐ Return to the grill until the cheese is **golden and bubbles**.

- | | | | | |
|---------------------------------|--|--------------------------------------|----------------------------------|------------------------------------|
| ☐ Celery | ☒ Gluten | ☐ Crustaceans | ☐ Eggs | ☐ Fish |
| ☐ Lupin | ☒ Milk | ☐ Molluscs | ☐ Mustard | |
| ☐ Nuts | ☐ Peanuts | ☐ Sesame | ☐ Soya | ☐ Sulphites |

Y7 Scones

Health and safety



Use oven gloves to remove the tray from the oven.



Ingredients

200g self raising flour
50g butter/margarine
125ml semi skimmed milk

Optional:

1-2 tablespoon. sugar
50g sultanas or other dried fruit.

You can also add savoury ingredients such as herbs, spices, sundried tomatoes, cheese & onion etc.

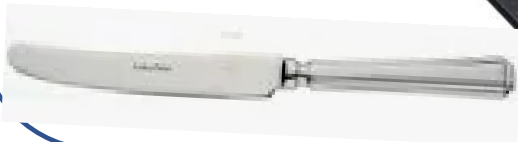


Method

1. Preheat the oven to **220°C**.
2. **Put** the **flour** into the mixing bowl.
3. Using your **fingertips**, **rub** the **butter** into the flour until it looks like breadcrumbs. If adding any optional ingredients add now.
4. Gradually **stir in** (with a butter knife) the milk to form a soft dough.
5. Flatten the dough until it is around **2cm thick**.
6. **Cut** the dough into rounds and place on the **baking tray**.
7. Collect any dough 'trimmings' together and flatten again. Cut out the remaining rounds. You should make around 6 scones.
8. **Brush** the scones with a **little milk** and bake for **10-12 minutes**, until the scones have risen and turned golden.

Equipment

Mixing bowl
Table knife
Scone cutter
Baking tray
Jug
Pastry brush



- | | | | | |
|---------------------------------|--|--------------------------------------|----------------------------------|------------------------------------|
| ☐ Celery | ☒ Gluten | ☐ Crustaceans | ☐ Eggs | ☐ Fish |
| ☐ Lupin | ☒ Milk | ☐ Molluscs | ☐ Mustard | |
| ☐ Nuts | ☐ Peanuts | ☐ Sesame | ☐ Soya | ☐ Sulphites |

Y7 Muffins

Health and safety



Use oven gloves to remove the tray from the oven.



Ingredients

140g SR flour
½ tea spoon baking powder
50mls oil
125mls milk
½ large egg
Flavour ?
6 muffin cases

You can also add savoury flavours; courgette, carrot, beetroot, cheese & onion etc.

Method

1. Pre heat the oven to **180c**
2. Put the **muffin cases** into the muffin trays
3. Mix the **oil, milk and egg** together, beat well
4. Prepare flavour?
5. Put the **flour** into the large **mixing bowl**.
6. **Stir in** the flavour.
7. **Pour in the oil, egg and milk mixture** stir in carefully until mixed but still slightly lumpy.
8. **Divide the mixture equally** between the muffin cases.
9. Bake until well risen golden brown and firm to the touch – approx. **20 – 25 minutes**.

Equipment

Mixing bowl
Dessert spoon
Baking tray
Jug



- | | | | | |
|---------------------------------|--|--------------------------------------|--|------------------------------------|
| ☐ Celery | ☒ Gluten | ☐ Crustaceans | ☒ Eggs | ☐ Fish |
| ☐ Lupin | ☒ Milk | ☐ Molluscs | ☐ Mustard | |
| ☐ Nuts | ☐ Peanuts | ☐ Sesame | ☐ Soya | ☐ Sulphites |

Y7 Spicy Dahl

Health and safety



Knife - Bridge & Claw methods.
Simmer means to bubble gentle.
Boiling vigorously can splash hot liquid which may **burn you**.

Ingredients

75g dried red lentils
1 small onion
1 x 5ml tea spoon ground cumin
1 x 5ml tea spoon oil
400ml water (boiling)
1 stock cube
1/2 x 400g can chopped tomatoes
1 x 15ml table spoon chopped coriander, optional

Method

1. **Rinse** the lentils.
2. **Peel and chop** the onion.
3. **Gently fry** the onion with a little oil and cumin.
4. Make the stock with **boiling water** and stock cube.
5. **Stir** the lentils into the onion.
6. Add the **stock and tomatoes**.
7. **Simmer for 20 minutes** with the lid on, until the lentils are tender. (You may need to add a little extra water.)
8. **Garnish** with chopped coriander and serve with pitta bread.

Equipment

Sieve
Vegetable knife
Green chopping board
Tea spoon **5ml**
Sauce pan & lid



☐ Celery	☐ Gluten	☐ Crustaceans	☐ Eggs	☐ Fish
☐ Lupin	☐ Milk	☐ Molluscs	☐ Mustard	
☐ Nuts	☒ Peanuts/legumes	☐ Sesame	☐ Soya	☐

Sulphites

Y7 Bread Rolls x6

Health and safety



Use oven gloves to remove the tray from the oven.



Ingredients

200g strong plain flour
1 tea spoon fast acting yeast
1 table spoon oil
½ teaspoon salt
1 tea spoon sugar
Approx. 150ml tepid water

Equipment

Measuring jug

Mixing bowl

Measuring spoons

Baking tray

Flour dredger



Method

1. Pre heat the oven to **200 degrees**.
2. Measure the **warm water** into a measuring jug and add the oil. Then add the yeast and **allow to activate**.
3. Put the flour in a mixing bowl & **place the salt at the side of the bowl**. (Salt kills yeast and stops it working!)
4. Add the liquid ***a little at a time*** to the flour and make a dough.
5. **Knead** for 5 minutes on a work surface.
6. Divide into **6 – 8 pieces**. Shape into rolls.
7. Place on baking tray. Leave to **prove** for approx 10 minutes.
8. Bake for approx **10 minutes** until golden brown & **dextrinisation** has occurred.

☐ Celery ☒ Gluten ☐ Crustaceans ☐ Eggs ☐ Fish
☐ Lupin ☐ Milk ☐ Molluscs ☐ Mustard
☐ Nuts ☐ Peanuts/legumes ☐ Sesame ☐ Soya ☐ Sulphites

Y7 Fruit & Oat cookies

Health and safety



Use oven gloves to remove the tray from the oven.



Ingredients

1 banana
100g oats
25g sugar
25g oil
25g sultanas or raisins
1 x 5ml tea spoon
cinnamon or mixed spice

Equipment

Mixing bowl

Fork

Tea spoon **5ml**

Baking tray

Spoon



Method

1. Preheat the oven to **200C** or gas mark 6.
2. **Mash** the banana.
3. Add all the other ingredients.
4. Mix everything together into a 'dough'.
5. Divide the mixture into **8**.
6. Roll each pieces into a ball - place on the baking tray and flatten.
7. Bake for **10-15 minutes**.

☐ Celery ☒ Gluten ☐ Crustaceans ☐ Eggs ☐ Fish
☐ Lupin ☐ Milk ☐ Molluscs ☐ Mustard ☐ Nuts
☐ Peanuts/legumes ☐ Sesame ☐ Soya ☐ Sulphites

Y7 Quesadillas

Health and safety



Knife - Bridge & Claw methods.
Simmer means to bubble gentle.
Boiling vigorously can splash hot liquid which may **burn you**.
The frying pan will be hot – take care when wiping out.

Ingredients

½ onion
1 x 10ml spoon oil
Sprinkle of paprika and cumin
½ x 400g can mixed beans, drained if in water
40g Cheddar cheese
1 x tortilla wrap

Method

1. Peel and **chop** the onion.
2. Heat the oil in a large frying pan and **cook the onion for 2-4 mins**.
3. Add the **paprika/cumin** and cook for 1 min.
4. Add the **beans** and a **splash of water**.
5. Using a potato masher or fork, crush/mash the beans as they warm through to make a rough purée. **Simmer for 5 mins**.
6. Grate the cheese.
7. **Spread** the refried beans onto the tortilla and scatter over the cheese. **Fold in half**.
8. **Wipe** the frying pan with kitchen paper and return to the heat.
9. **Dry fry** the tortilla for approximately 2 mins on each side until it is **crisp and golden** and the **cheese is melting**.

Equipment

Vegetable knife
Green chopping board
Tea spoon **5ml**
Frying pan
Potato masher
Spatula
Spoon
Sieve



- | | | | | |
|------------------------------------|--|--------------------------------------|----------------------------------|-------------------------------|
| ☐ Celery | ☒ Gluten | ☐ Crustaceans | ☐ Eggs | ☐ Fish |
| ☐ Lupin | ☒ Milk | ☐ Molluscs | ☐ Mustard | |
| ☐ Nuts | ☐ Peanuts/legumes | ☐ Sesame | ☐ Soya | |
| ☐ Sulphites | | | | |