

Year 7 Recipes: Module 1

<p>1. <u>Hot snack on toast</u></p> <ul style="list-style-type: none"> • 2 pieces of bread/roll (any type) <p>Any of the following</p> <ul style="list-style-type: none"> • 1 piece of ham and 40g grated cheese • 40g grated cheese • 1 small tin of beans/spaghetti hoops <p>This will be eaten in class</p>	<p>2. <u>Smoothie drink</u></p> <ul style="list-style-type: none"> • 1 yoghurt (any flavour) • 100ml milk • 100g fruit <p>(any of the following:- banana, strawberries, ripe kiwi, pineapple, raspberries, orange, mango, passion fruit etc)</p> <p>This will be drunk in class</p>
<p>3. <u>Fairy cakes</u></p> <ul style="list-style-type: none"> • 2 eggs • 100g self raising flour • 100g caster sugar • 100g butter/margarine • 12 paper cases • Optional 75g dried fruit or cherries <p>Container with lid</p>	<p>4. <u>Fruit crumble</u></p> <ul style="list-style-type: none"> • 150g plain flour (wholemeal can be used) • 75g hard margarine • 50g caster sugar • Approx. 500g cooked fruit (this could be frozen, tinned, pie filling or freshly made) <p>1 litre/2 pint oven proof dish or foil container</p>
<p>5. <u>Cheese and onion quiche</u></p> <ul style="list-style-type: none"> • 250g plain flour • 125g butter • 3 eggs • 150ml milk • 1 onion • 150g grated cheese <p>8" – 10" pie dish – foil, ceramic or Pyrex</p>	<p>6. <u>Savoury scones</u></p> <ul style="list-style-type: none"> • 200g self-raising flour • 50g butter • 125ml milk • 75g grated cheese • Optional:- dried /fresh herbs, curry powder, garlic, chilli <p>Container with lid</p>
<p>7. <u>Sweet scones</u></p> <ul style="list-style-type: none"> • 200g self raising flour • 50g butter • 50g caster sugar • 125ml milk • Optional: 50g dried fruit <p>Container with lid</p>	<p>8. <u>Christmas cookery</u></p> <p>Mince pies or jam tarts</p> <ul style="list-style-type: none"> • 150g plain flour • 75g butter • 5tbsp of jam, lemon curd or mincemeat

Hints and Tips:

- Please use students planners to check the date of each practical
- Salt, pepper, dried herbs and vegetable oil is available in school
- Students should bring in a large , named container with a lid (old sweet/biscuit tin is ideal)
- Ingredients should be left in the food classroom before registration at the beginning of the day
- Please make sure that perishable items such as milk, butter or cheese should be labelled with students name and put into fridge or stored in bag/container with a frozen cool pack
- Please ensure that the correct cooking container is provided as we do not have spares in school
- Uncollected food item will be stored in the fridge overnight and disposed of within 48 hours
- Uncollected containers will be stored for 2 weeks and then recycled/reused