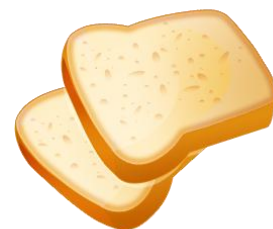


KS3
Food and Nutrition
Recipes



Pizza Toast



Ingredients:

2 Slices of Bread (or a bagel or a piece of French stick sliced in half)

2 x 5ml Spoons of Tomato Pizza Sauce

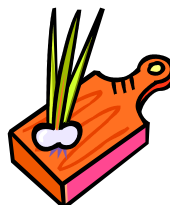
½ Pepper

1 Spring Onion

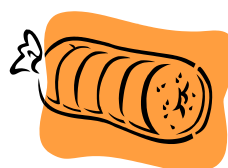
1 Mushroom

30g Hard Cheese, e.g. Cheddar or Edam

½ x 5ml Spoon Mixed Herbs



Please bring a container to carry your pizza toast home in.

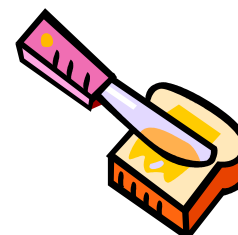


Equipment:

Weighing Scales, Chopping Board, Knife, Cheese Grater, Fish Slice, Measuring Spoons, Dessert Spoon, Grill.

Method:

1. Pre-heat the grill.
2. Slice the pepper, spring onions and mushroom.
3. Grate the cheese.
4. Place the bread under the grill and toast one side.
5. Remove the bread from the grill and place on the chopping board uncooked side up.
6. Spread the tomato sauce over the bread.
7. Arrange the pepper, mushroom and onion over the slices of bread.
8. Sprinkle the cheese and mixed herbs over the bread.
9. Place under the grill until the cheese bubbles.



Top Tips:

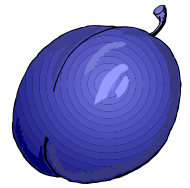
- Why not add cooked sausage or chicken or canned tuna?
- Add a spoon of pickle or chutney for extra bite.

Fruit Crumble

Ingredients for Fruit Base:

500g Fresh Fruit e.g. Cooking Apples, Plums, Rhubarb

50g Caster Sugar



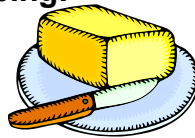
Please bring an ovenproof dish to cook and carry your fruit crumble home in.

Ingredients for Crumble Topping:

150g Plain Flour

75g Butter

50g Caster Sugar

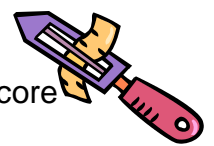


Equipment:

Weighing Scales, Chopping Board, Sieve, Knife, Mixing Bowl, Wooden Spoon, Peeler, Saucepan, Oven Proof Dish/Foil Tray, Baking Tray.

Method:

1. Pre-heat the oven to gas mark 5 of 180°C.
2. Sieve the flour into the mixing bowl.
3. Cut the butter into small pieces and rub it into the flour until it looks like breadcrumbs.
4. Stir in the sugar.
5. Prepare the fruit according to the type of fruit you decide to use, e.g. peel, core and thinly slice apples; wash and stone plums; wash and cut rhubarb.
6. If you are using rhubarb you should stew it in a saucepan with the sugar with 200ml of water. Simmer for 5 minutes with the lid on the pan to part soften the fruit before putting it into the oven.
7. Place fruit in an ovenproof dish. Sprinkle the sugar over the fruit.
8. Add the crumble topping and smooth it over the fruit.
9. Place the ovenproof dish or foil tray onto a baking tray and bake in the oven for 30-40 minutes until the crumble is golden brown.



Fairy Cakes



Ingredients:

- 100g Self Raising Flour
- 100g Caster Sugar
- 100g Butter or Margarine
- 2 Eggs



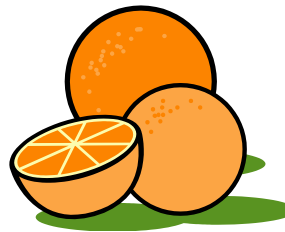
For the icing

- 250g icing sugar
- 3 tbsp fresh lemon juice or water
- few drops food colouring, optional

Please bring paper cake cases and a container to carry your fairy cakes home in.

Optional Ingredients:

- 1/4tsp Lemon Rind
- 1/2tsp Orange Rind
- 1/4tsp Cinnamon
- 1/4tsp Vanilla Flavouring
- 50g Dried Mixed Fruit



Equipment:

Weighing Scales, 12 Cake Cases, Cake Tin, Sieve, Mixing Bowl, Wooden Spoon, 2 Metal Spoons, Fork, Measuring Spoons, Electric Whisk and Cooling Rack.

Method:

1. Pre-heat the oven to Gas 5 or 190°C.
2. Place paper cake cases in cake tin.
3. Sift the self raising flour into a bowl.
4. Into the same bowl as the self raising flour, add the caster sugar, butter and eggs.
5. Add any additional ingredients.
6. Use the electric whisk to whisk the mixture until light and creamy. The mixture should have a good dropping consistency.
7. Divide the mixture carefully between the paper cases using the two metal spoons to help you.
8. Place in oven and bake for 15 minutes until well risen and golden brown.
9. Leave to cool. Decorate as desired.



Sweet Scones- egg free - makes 8

Ingredients:

250g white self-raising flour
50g margarine
75g caster sugar
50g dried fruit, glace cherries or coconut-
optional
125 ml milk
Milk to glaze



Equipment:

Weighing scales, measuring jug, bowl, sieve, rolling pin, oven tray, shape cutter

Method:

1.

Preheat the oven to gas mark 7 or 210°C. Place a baking tray into the oven to heat. No need to grease.

2.

Sieve the flour into a bowl, add small pieces of margarine.

3.

Rub the fat into the flour seconds until the mixture looks like bread crumbs

4.

Add the sugar and fruit.

5.

Gradually add the milk, make sure it's not too wet. Collect the dough into a ball.

6.

Tip the dough onto a floured surface and using one hand, knead the mixture to form a soft dough. Lightly dust a rolling pin with flour and roll the mixture to 2 ½ cm. Cut out using a 6cm cutter.

7.

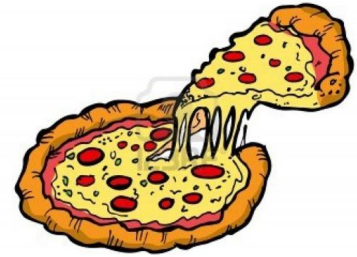
Glaze the tops with milk. Remove the heated tray from oven and arrange scones on it. Bake for 10-15 min until golden brown. Remove from baking tray immediately with a knife.

Please bring a pizza box to carry the pizza home in.

Scone Based Mini Pizza

Ingredients

- 150 g self raising flour
- 25 g margarine
- 1 egg
- 50 ml semi skimmed milk



Topping:

- 3 x 15 ml spoons of passata sauce or tomato puree
- 50 g cheese

Optional:

- 2 mushrooms
- 1 tomato
- ½ green pepper
- 25 g sweet corn
- 1x5ml spoon of dried herbs



Equipment

Baking tray, weighing scales, sieve, mixing bowls, measuring jug, small bowl, fork, palette knife, flour dredger, spoon, chopping board, knife, measuring spoons, grater

Method:

1. Preheat the oven to 200°C or gas mark 6
2. Grease a baking tray
3. Sift the flour into a bowl
4. Rub the butter or margarine into flour until it resembles bread crumbs
5. Whisk the egg and milk together in a small bowl with a fork
6. Add the egg mixture to the flour and mix together to form a soft dough.
7. Flatten out the dough on a floured surface and form mini circles
8. Transfer the small circles of dough to the baking tray.
9. Spread the passata sauce over the dough using the back of a spoon
 - Prepare the vegetables: slice the mushrooms
 - Slice the tomato,
 - Remove the core from the green pepper and slice into thin strips
10. Arrange the mushrooms, tomato slices, green pepper and sweet corn over the base
11. Grate or slice the cheese
12. Sprinkle or place the cheese and herbs over the top of the pizza
13. Place the pizza in the oven and bake for 10-15 minutes, until golden brown

Top tips:

- Experiment with different toppings, such as slices of ham, tuna, red pepper, onion, or different types of cheese.
- Add herbs, spices, garlic or black pepper to the scone base mixture

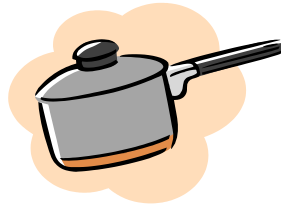
Skills: using the oven, rubbing in, forming a dough/shaping, rolling out, mixing/combining, weighing, measuring, spreading

Important: Bring an ovenproof dish to cook and take your macaroni cheese home in.

Macaroni Cheese

Ingredients:

- 100g Macaroni
- 100g Cheddar Cheese
- 1 Tomato
- 25g Soft Margarine
- 25g Plain Flour
- 250ml Semi-Skimmed Milk
- Black Pepper



Equipment:

Two Saucepans, Weighing Scales, Grater, Chopping Board, Knife, Colander, Measuring Jug, Wooden Spoon, Whisk, Ovenproof Dish or Foil Tray.



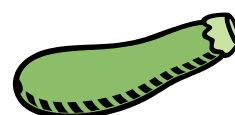
Method:

1. Preheat the oven to 190°C or gas mark 5.
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 and slice the tomato.
4. While the pasta is cooking, make the sauce.
 - ◆ Place the butter or margarine, flour and milk into a small saucepan.
 - ◆ Bring the sauce to a simmer, whisking it all the time until it has thickened.
 - ◆ Remove from the heat and stir in 75g of the grated cheese.
5. Drain the boiling hot water away from the macaroni into a colander in the sink.
6. Stir the drained macaroni into the cheese sauce and add a few twists of black pepper.
7. Pour the macaroni into an oven-proof dish or foil tray.
8. Arrange the tomato slices over the macaroni.
9. Sprinkle over the remaining cheese.
10. Bake in the oven for 15 to 20 minutes until golden.



Top Tips:

- ◆ Try different varieties of pasta shapes, such as rigatoni or shells.
- ◆ Add fresh herbs to the sauce, like chopped parsley or basil.
- ◆ During the last 2-3 minutes of cooking the macaroni, add a range of small pieces of vegetables, such as broccoli, cauliflower, courgette or peppers.



Cheese and Onion Tartlets



Ingredients:

150g plain flour
70g margarine
6 teaspoons water (approx)

Filling:

1 large onion
1 large egg
100g grated cheese
Pinch pepper

Important: bring a container to take your tartlets home

Equipment:

Weighing scales, sieve, mixing bowl, measuring spoons, palette knife, flour dredger, rolling pin, bun tin, fork, chopping board, knife, grater, measuring jug.

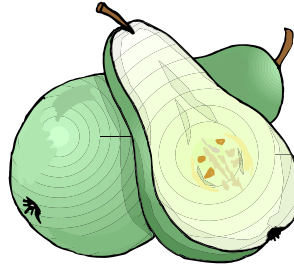
Method:

1. Preheat the oven to 200°C or gas mark 6.
2. Make up the short crust pastry:
 - ◆ Sift the flour into the bowl.
 - ◆ Rub the butter or margarine into the flour, using your fingertips, until it resembles breadcrumbs.
 - ◆ Make a 'well' in the middle and add the cold water.
 - ◆ Mix to a dough with a round bladed knife.
3. Roll out the pastry, on a lightly floured surface.
4. Using a cutter a little larger than the bun tin, cut out the pastry bases.
5. Line the bun tin with the pastry
6. Finely chop the onion. Beat the egg and mix with the cheese, onion and pepper.
7. Carefully fill each of the pastry cases
8. Place in the centre of the shelf and bake for 20 minutes until golden brown.

Marble Pear Tray Bake

Ingredients:

- 100g Caster Sugar
- 100g Soft Margarine
- 2 Eggs
- 100g Self Raising Flour
- 1 Tablespoon Coca Powder
- 1 Teaspoon Baking Powder
- ½ Pear



Equipment:

Baking Tin (20cm Square) or Foil Tray, Weighing Scales, Mixing Bowl, Electric Hand Whisk, Small Bowl, Fork, Sieve, Spoon, Chopping Board, Knife.

Method:

1. Preheat oven to 180°C or gas mark 4.
2. Grease and line the baking tin or foil tray.
3. Cream the sugar and margarine together, ideally using an electric hand whisk, until light and fluffy.
4. In a small bowl, beat the eggs with a fork.
5. Add the beaten egg, a little at a time, to the margarine and sugar and mix in with the electric hand whisk.
6. Sieve the flour and baking powder into a bowl.
7. Fold the flour and baking powder into the mixture, a spoonful at a time.
8. Core and chop the pear into small pieces. Scatter pieces of pear into the lined cake tin.
9. Spoon half of the plain cake mixture into the tin.
10. Stir-in the cocoa to the remaining cake mixture.
11. Spoon the chocolate mixture into the baking tin and then swirl the two mixtures together to create a marble effect.
12. Place in the oven and bake for 20 minutes until golden brown and springy to touch.
13. Remove from the oven and allow to cool.

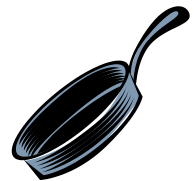


Fajitas



Ingredients:

- 1 Lime
- 1 Clove of Garlic
- 1 Green Chilli
- Small Bunch of Coriander
- 1 Dessert Spoon (10ml) Oil
- 1 Small Chicken Breast (or 3-4 Thighs)
- 1 small Onion
- 1 Pepper , any colour
- 1 Tomato
- 25g Cheddar Cheese
- 2 Tortillas
- 1 Tablespoon of Guacamole or Salsa (optional)



Equipment:

Weighing Scales, Juice Squeezer, Garlic Press, 2 Chopping Boards, 2 Knives, Small Bowl, 2 Spoons, Grater, Measuring Spoons, Frying Pan.

Method:

1. Prepare the marinade:
 - ◆ Squeeze the lime
 - ◆ Peel and crush the garlic
 - ◆ De-seed and slice the chilli
 - ◆ Chop the coriander
 - ◆ Stir everything together with the oil
2. Remove any skin from the chicken and cut the chicken into strips. Mix with the marinade and place in the fridge, covered, until needed.
3. Prepare the remaining ingredients with a clean knife on a clean chopping board:
 - ◆ Slice the onion and green pepper
 - ◆ Chop the tomato
 - ◆ Grate the cheese.
4. Add the marinated chicken to the wok or frying pan and stir-fry for about 4 minutes. Check that the chicken is cooked.
5. Add the onion and green pepper and continue to cook for a further 2 minutes.
6. Spread a little chicken in the centre of the tortilla, add some tomato, cheese and guacamole/salsa and then roll up.



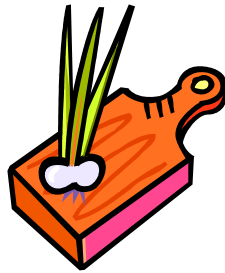
Top Tips:

- ◆ Warm the tortillas in a microwave oven for 20 seconds.
- ◆ Go for extra vegetables or kidney beans for a vegetarian alternative.
- ◆ Other types of meat could be used, e.g. thin strips of beef or turkey.

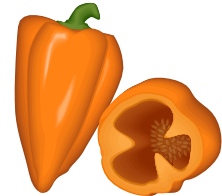
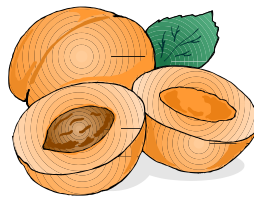
Vegetable Couscous Salad

Ingredients:

- 175ml Water, Boiling
- 1 Vegetable Stock Cube
- 100g Couscous
- 1 Medium Tomato
- 1 Spring Onion
- ¼ Cucumber
- ½ Yellow Pepper
- 4 Dried Apricots
- 1 Small Bunch Parsley
- 2x15ml Spoons of Low Fat Dressing

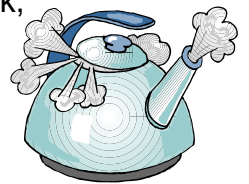


Please bring a container to carry your vegetable couscous salad home in.



Equipment:

Kettle, Measuring Jug, Measuring Spoons, Weighing Scales, Large Bowl, Fork, Chopping Board, Knife, Scissors, Spoon, Container.



Method:

1. Make up the stock by dissolving the stock cube in the boiling water.
2. Pour the stock over the couscous in a large bowl.
3. Stir with a fork and leave to stand for 5 minutes.
4. Chop the tomato and cucumber into small chunks.
5. Slice the pepper into small strips.
6. Slice the dried apricots and parsley into small pieces.
7. Fluff the couscous with a fork and then add all the vegetables and snip the spring onions into the bowl using the scissors.
8. Stir everything together.
9. Add the dressing.



Top Tips:

- Vary the vegetables in the couscous dish, e.g. use celery, sweetcorn, peas, olives or mushrooms.

Chicken Goujons with Healthy Coleslaw

Ingredients

For the Goujons

- 2 slices **white bread**, crusts removed
- 85g/3oz boneless **chicken breast**, cut into strips
- 2 tbsp plain flour
- 1 free-range **egg**, beaten
- 2 tbsp **olive oil**



Equipment:

Food processor, frying pan, fish slice, baking tray, fork, table spoon, medium size bowl for the egg plate for the flour, kitchen paper

Preparation method

1. For the goujons, place the bread slices into a food processor and pulse to crumbs, then scatter onto a baking tray.
2. Dust the chicken strips in the flour, then dip into the beaten egg and roll in the breadcrumbs. Repeat by dipping the strips into the egg again, followed by the breadcrumbs to make two layers.
3. Heat the olive oil in a frying pan and fry the goujons, in batches, for 2-3 minutes on both sides, or until golden-brown and cooked through. Drain on kitchen paper.

Ingredients

For the coleslaw

- 6 tbsp plain yogurt
- ½ tsp Dijon mustard
- 2 tbsp mayonnaise
- ½ white cabbage
- 2 carrots
- ½ onion

Equipment:

Grater, vegetable peeler, bowl, metal spoon.

Preparation method

1. Mix the yogurt, mustard and mayonnaise together in a bowl. Then, use a grater attachment on a food processor, or a box grater, to grate the cabbage and carrots. Either grate the onion or chop as finely as you can. Tip all of the vegetables into the bowl and stir through the dressing.
2. Will keep in the fridge for up to 3 days.

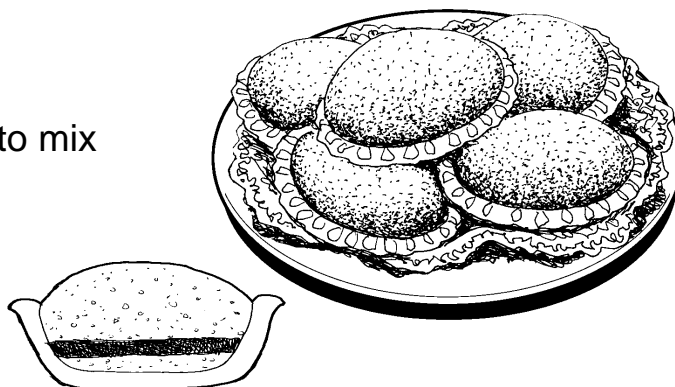
Maids of Honour

Ingredients

- 150g plain flour
- 75g margarine
- 6tsp cold water (approx) to mix

For the filling:

- Jam
- 50g margarine
- 50g caster sugar
- 50g self-raising flour
- 1 egg.



Equipment:

12 hole baking tray, Mixing bowl, Plastic/wooden spoon, Teaspoon, Round-bladed knife, Rolling pin, Tablespoon (metal), Electric whisk, Cooling tray, Palette knife, Measuring jug.

Method:

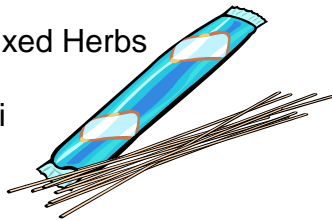
1. Weigh and measure out ingredients.
2. Preheat oven 200°C/Gas 6.
3. Prepare pastry: put flour into a mixing bowl and rub in fat until it resembles fine breadcrumbs.
4. Add cold water, a little at a time, mixing with a round-bladed knife until it becomes a stiff paste.
5. Put on a floured surface and roll out pastry thinly.
6. Using a pastry cutter, cut out rounds and line a 12 hole bun tray
7. Place half a teaspoon of jam in each.
8. For cake mixture: in mixing bowl cream margarine and sugar until light and fluffy, using a wooden spoon or an electric whisk.
9. Beat egg in measuring jug with fork.
10. Fold in beaten egg and flour to cake mix, using metal spoon.
11. Place a teaspoon of cake mixture in each pastry case.
12. Bake in oven for 15–20 minutes until cake is soft and springy to the touch.
13. Very carefully, using a palette knife, remove from bun tray and place on cooling tray.

Spaghetti Bolognese



Ingredients for Sponge:

- 1 Onion
- 1 Clove of Garlic
- 1 Carrot
- 1 Celery Stick
- 1 Tablespoon of Oil
- 250g Minced Beef, Lamb or Turkey
- 400g Canned Chopped Tomatoes
- 1 Tablespoon Tomato Puree
- 100ml Water
- 1 Teaspoon Mixed Herbs
- Black Pepper
- 150g Spaghetti

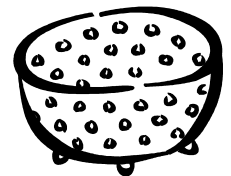


Equipment:

Weighing Scales, Chopping Board, Knife, Garlic Crusher, Peeler, Measuring Spoons, 2 Saucepans, Wooden Spoon, Colander.

Method:

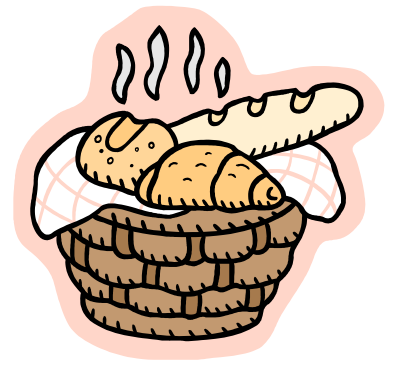
1. Prepare the vegetables:
 - ◆ Peel and chop the onion
 - ◆ Peel and crush the garlic
 - ◆ Peel and slice the carrot
 - ◆ Finely slice the celery
2. Fry the onion, garlic, carrot and celery in the oil.
3. Add the meat and cook until the mince is lightly browned.
4. Add the tomatoes, tomato puree, mixed herbs and water and mix all the ingredients together. Then add a few twists of black pepper.
5. Bring to the boil, then simmer for 20 minutes.
6. Meanwhile place the spaghetti in a separate saucepan of boiling water. Cook for 10 - 12 minutes or until the spaghetti is al dente (tender).
7. Drain the boiling water away from the spaghetti into a colander in the sink.
8. To serve pour some of the bolognese sauce over the spaghetti.



Top Tips:

- ◆ Try serving your spaghetti bolognese with parmesan cheese and fresh basil.
- ◆ For a vegetarian option swap the minced beef for veggie mince or lentils.

Bread



Ingredients:

- 200g Strong Plain White Bread F
- 12g Hard Margarine
- ½ Teaspoon Salt
- ½ Teaspoon Sugar
- 7g (1 Sachet) Easy Blend Dried Y
- 120ml Warm Water



Optional Ingredients:

1 Egg for Glazing

Seaseme Seeds

Poppy Seeds



Equipment:

Weighing Scales, Large Bowl, Flour Dredger, Plastic Spatula, Round Bladed Knife, Measuring Jug, Clean Hands, Baking Tray, Cooling Rack.

Method:

Pre-heat oven to 210°C or gas 7. Grease the baking tray and lightly flour.

Put flour and salt into your bowl. Rub in the margarine.

Crush vitamin C tablet, add to flour and add sugar and yeast, stir together with a spatula.

Measure out the warm water accurately and add it carefully into the bowl. Mix with a round bladed knife. Gather dough together and turn onto a floured table. (Soak bowl so that it is easier to wash up). Knead the dough with your hands for 5-10 minutes to form a soft elastic dough.

Shape and brush with water/egg and sprinkle on topping.

Leave to prove in a warm place for 10-15 minutes.

Bake for 15-20 minutes until golden brown and hollow when the bottom is tapped.

Cool on a wire rack.

