



KS3 Food Preparation and Nutrition

Recipe Book



Fruit Fusion

Ingredients

1 clementine
6 red grapes
6 green grapes
1 kiwi fruit
1 banana
1 apple
2 x15ml spoons orange juice

A container with a tight fitting lid to take your food home in

Equipment

Vegetable knife, chopping board, plastic container (with lid), colander, 15ml measuring spoons, blue paper towel.

Method

1. Peel the clementine and separate into segments.
2. Cut the clementine segment into half.
3. Cut the grapes in half and remove any seeds.
4. Top and tail the kiwi and peel.
5. Peel the kiwi fruit and slice.
6. Peel the banana and slice carefully.
7. Quarter the apple, remove the core and slice.
8. Place all the fruit in a bowl.
9. Add the orange juice and mix together.
10. Write your name on the lid and place the container in the fridge.

Top tips:

- Try using different types of fruit such as sliced peaches, chunks of fresh mango or canned pineapple pieces.
- Use other types of fruit juice instead of orange juice.
- Cut the fruit into very small, even sized pieces to make a fruit cocktail.

Minestrone Soup

Ingredients

- 1 onion
- 1 clove of garlic (optional)
- 2 rashers of bacon
- 1 carrot
- 1 stick of celery
- 1 stock cube Vegetable or Chicken
- 300ml boiling water
- 1 large tin CHOPPED tomatoes
- 25g small pasta shapes or broken spaghetti
- 25g Peas
- Black pepper (optional – you could add at home)

A large plastic container with a tight fitting lid to take the soup home in

Equipment

Chopping board, kitchen scissors, shape knife, garlic press, vegetable peeler, measuring spoons, saucepan, mixing spoon, measuring jug, blue paper towel

Method

1. Prepare the vegetables and bacon. Wash all the vegetables.
 - peel and crush the garlic
 - peel and chop the onion and carrot. Thinly slice the celery
 - chop the bacon into small piece straight into the saucepan
2. Fry the bacon in a large saucepan for 2-3 mins
3. Add the onion, garlic, celery and carrot and fry for a further 2-3 mins.
4. Add the water and stock cube, tomatoes, pasta and bring to the boil
5. Reduce heat, cover and simmer for 20mins.
6. Add the peas and black pepper, bring to the boil and simmer for another 5 minutes.
7. **Carefully** pour into your container and place in the chiller.

Top tips:

- Serve with a sprinkle of parmesan cheese.
- Try different types of vegetables – use what is in season.
- Add 2x15ml spoons of cannelloni beans.

Pizza Toast

Ingredients

2 slices bread
2 x 15ml spoons tomato pizza sauce
½ yellow pepper
1 spring onion
1 mushroom
30g hard cheese, e.g. Cheddar, Edam, Gruyere
½ x 5ml spoon mixed herbs
One hair band for long hair

A container to take your food home in

Equipment

Chopping board, knife, grater, fish slice, 15ml and 5ml measuring spoons, blue paper towel

Method

1. Preheat the grill.
2. Slice the pepper, spring onion 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.
8. Sprinkle the cheese and mixed herbs over the bread.
9. Place under the grill until the cheese bubbles.
10. Place pizza toast in your container (the lid off and placed underneath) and put in blast chiller.

Top tips:

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

Fruity Flapjacks

Ingredients

75g dried apricots
150g oats
50g sugar
50g butter or margarine
2x15ml spoons golden syrup

A container to take your food home in.

Equipment

Scissors, measuring spoons, saucepan (no lid), plastic spoon, spatula, baking tray, parchment paper, palette knife, blue paper towel, wooden block/pot stand.

Method

1. Preheat the oven to 180°C or gas mark 4.
2. Collect the parchment paper and write your name on it. Prepare the baking tray.
3. Cut the apricots into small pieces on to a blue paper towel.
4. Place the butter or margarine, sugar and syrup into a saucepan and gently heat until the butter or margarine has melted.
5. Remove from the heat and place the hot saucepan onto a wooden block.
6. Stir in the oats and apricots.
7. Pour the mixture into the baking tray.
8. Pat down the mixture in the baking tray with a spatula.
9. Bake for 15 - 20 minutes, until lightly browned.
10. Remove from the oven and cut into 'bars' in the baking tray while hot.
11. Place the flapjacks in the blast chiller to set.

Top tips:

- Vary the type of dried fruit used, e.g. sultanas, figs, mixed fruit.
- Add 1 x 5ml spoon cinnamon, ginger or mixed spice to the oat mixture.
- Go for grated fresh apple or carrot

Cheesy Scones

Ingredients

250g self-raising flour
1x5ml spoon mustard powder
40g butter or margarine
75g hard cheese
150ml semi-skimmed milk

A container to take your food home

Equipment

Mixing bowl, sieve, measuring jug, baking tray, parchment paper, scone cutter, round bladed knife, teaspoon, cheese grater, flour dredger, pastry brush

Method

1. Preheat the oven to 220°C or gas mark 7.
2. Collect the parchment paper and write your name on it. Prepare the baking tray.
3. Sieve the flour and mustard into the bowl.
4. Rub in the butter or margarine into the flour until it resembles breadcrumbs.
5. Grate the cheese and Stir into mixture.
6. Make a well in the middle of the flour and carefully pour in the milk. (Save just a little of the milk.)
7. Mix with a round bladed knife to form a soft dough.
8. Place the dough on a lightly floured work surface.
9. Pat the dough with your hands until you have a round of scone dough about 1½cm thick.
10. Shape the scones using a cutter.
11. Place the scones on a baking tray and brush each top with a little milk.
12. Bake for 12-15 minutes, until golden brown.
13. Lift the scones by the parchment paper and place in your container to cool.

Top tips:

To make fruit scones, add 25g sugar and 75g currants or sultanas before the milk and leave out the cheese and mustard.

Macaroni Cheese

Ingredients

100g macaroni OR a small cauliflower cut into florets
100g Cheddar cheese
1 tomato
25g soft margarine
25g plain flour
250ml semi-skimmed milk
Black pepper (optional – you could add at home)

A casserole dish or two small foil dishes with lids (available from the school shop) to take it home in

Equipment

Two saucepans, grater, chopping board, knife, colander, measuring jug, mixing spoon, whisk, blue paper towel

Method

1. Bring a saucepan of water to the boil, and then add the macaroni/cauliflower. Cook for about 10-12 minutes, until *al dente*.
2. Grate the cheese and slice the tomato.
3. 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.
 - Reduce the heat and allow to simmer for 2 minutes. Remove from the heat.
 - Stir in 75g of the grated cheese.
4. Drain the boiling hot water away from the macaroni or cauliflower into a colander in the sink.
5. Stir the drained macaroni or cauliflower into the cheese sauce and add a few twists of black pepper.
6. Pour the macaroni or cauliflower into an oven-proof dish or foil tray.
7. Sprinkle over the remaining cheese.
8. Arrange the tomato slices over the macaroni or cauliflower cheese.

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, courgette or peppers.

Spaghetti Bolognese

Ingredients

1 onion
1 clove garlic
1 carrot
1 celery stick
1 x 15ml oil
250g minced beef
400g canned chopped tomatoes
1 x 15ml spoon tomato puree
100ml water
1 x 5ml spoon mixed herbs
Black pepper
150g spaghetti, which will be better if you cook it at home later

A plastic container with a tight fitting lid to take it home in

Equipment

Chopping board, knife, garlic press, peeler, frying pan, mixing spoon, measuring spoons, measuring jug.

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. Pour the Bolognese into your plastic container and chill it.

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.

Chicken Fajitas

Ingredients

1/2 lime
1/2 green chilli
1 clove garlic
1x15ml spoon coriander
1x10ml spoon oil
1 small chicken breast (or 3-4 thighs) - cut into strips at home
1/2 onion
1/2 green pepper
2 tortillas
1 tomato
25g Cheddar cheese
1x15ml spoon guacamole (or salsa), optional

A plastic container with a tight fitting lid to take it home in

Equipment

Chopping boards, knives, juice squeezer, garlic press, mixing bowl, grater, wok or frying pan, measuring spoon, 2 metal spoons, plastic sandwich bag.

Method

1. Put the chicken strips into a sandwich bag.
2. Prepare the marinade and add to the chicken bag;
 - squeeze the lime
 - peel and crush the garlic
 - de-seed and slice the chilli
 - chop the coriander
 - add the oil
2. Mix with the marinade and place in the, covered, until needed.
3. Prepare the remaining ingredients with a fresh knife on a clean chopping board:
 - slice the onion and green pepper
 - chop the tomato
 - grate the cheese
5. Add the marinated chicken to the wok or frying pan and stir-fry for about 4 minutes. Check that the chicken is cooked.
6. Add the onion and green pepper and continue to cook for a further 2 minutes.
7. Spread a little chicken in the centre of the tortilla, add some tomato, cheese and guacamole, then roll up and cover in clingfilm.

Top tips:

- Try using other meats and vegetables to vary – or use wholemeal tortillas to increase the fibre content

Cheese and Onion Triangles

Ingredients

50g Cheddar cheese
½ small onion
100g plain flour
50g butter or margarine
2 – 3 x 15ml spoons cold water
1 egg

A plastic container with a tight fitting lid to take it home in

Equipment

Chopping board, grater, knife, mixing bowl, sieve, measuring spoons, palette knife, flour dredger, rolling pin, spoon, fork, 2 small bowls, pastry brush, fish slice, baking tray, parchment paper.

Method

11. Preheat the oven to 180°C or gas mark 4.
12. Collect the parchment paper and write your name on it. Prepare the baking tray.
2. Prepare the cheese and onion filling
 - grate the cheese
 - slice the onion
 - mix the cheese and onion together in a small mixing bowl
3. Make up the shortcrust pastry
 - put the flour into a clean mixing bowl
 - rub the butter or margarine into the flour, using your fingertips, until it resembles breadcrumbs
 - add the cold water and start to mix together
 - mix to form a firm, smooth dough.
4. Roll out the pastry into a square, on a floured surface.
5. Cut the square into quarters using the palette knife.
6. Spoon some cheese filling in the middle of the square.
7. Break the egg into a small bowl and beat with a fork, brush the edges of the pastry with beaten egg.
8. Fold over each pasty and pinch them together all the way along.
10. Transfer them onto the baking tray.
11. Bake for 20 minutes, until golden brown.

Top tips:

- Add spring onions for a milder taste. Add ham or bacon. Sprinkle seeds on the top of the pastry for extra crunch

Pizza Recipe

Home-made bread base

200g Strong wholemeal flour, you can just use white flour or a mixture of both.

1 packet of quick action yeast

125ml warm water.

½ tsp salt

1 tsp sugar

1 tablespoon oil

Toppings

2 tablespoons tomato puree or a small jar pizza topping

100g grated cheese

2/3 other toppings of your choice eg mushrooms, onions, peppers, spinach, ham

A plastic container with a tight fitting lid to take it home in

Equipment

Pizza baking tray, parchment paper, mixing bowl, measuring jug, round bladed knife, teaspoon, rolling pin, sharp knife, chopping board

Method

1. Preheat oven to 210°C/gas mark 7. Line tray with baking parchment (write name on it).
2. Put flour, yeast, sugar, salt and oil into a mixing bowl and stir with a blunt knife.
3. Add most of your water (but not all) to make a soft but not sticky dough.
4. Knead to make smooth dough.
5. Roll out and place on baking tray.
6. Prepare vegetables.
7. Spread sauce/tomatoes onto your dough base using the back of a spoon.
8. Add vegetable toppings and finish with cheese.
9. Cook for 15 – 20 minutes until cheese is golden brown.
10. Put pizza in chiller.
11. The pizza must be stored in the fridge, when cold.

Top tips:

- Vary your toppings eg using BBQ sauce or pesto instead of a tomato base
- Mozzarella is usually used but you could use a low-fat cheese such as Edam to lower the fat content

Food Safety

Food hygiene standards in the food room are taken very seriously:

- Personal hygiene routines for students are monitored by the teacher (hair tied back, cleaned hands, removal of any jewellery and/or nail varnish)
- Clean aprons, dish cloths and tea towels are provided for every lesson
- Separate, colour-coded chopping boards are used to avoid cross-contamination
- Chilled ingredients from home are brought to the food room before P1 and are stored in the fridge until they are required
- Once cooked, hot food is chilled in an industrial chiller and then stored in the fridge until the end of school when it is collected by students

To ensure food cooked at school is fit to eat at home:

- Store high risk foods, eg the bolognese sauce, **in the fridge** until required
- Use previously cooked food containing meat or fish within **two days**
- **Reheat till steaming hot** (the food at the centre must reach at least 75C to kill any bacteria)
- Don't reheat leftovers more than once
- Store baked goods, eg scones or flapjacks, in an airtight tin to keep fresh for longer