



KS3 Food Preparation and Nutrition

Recipe Book

Year 7



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 minestrone soup, **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

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.

Vegetable Couscous

Ingredients

170ml water, boiling
1 vegetable stock cube
100g couscous
1 medium tomato
1 spring onion
¼ cucumber
½ yellow pepper
4 dried apricots
1 x 15ml spoon parsley
2 x 15ml spoons low fat dressing

Remember – A suitable container to take your dish home in

Equipment

Measuring jug, measuring spoons, large bowl, fork, chopping board, sharp knife, scissors, mixing spoon.

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. Fluff 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 and cut in half.
6. Slice the dried apricots and parsley into small pieces with scissors.
7. Add all the vegetables to the couscous 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.
- Try adding some chickpeas, chopped cooked chicken, ham, tuna or chunks of feta cheese.
- Use raisins instead of the dried apricots.

Apple and sultana crumble

Ingredients

- 100g plain flour
- 50g butter or margarine
- 50g oats
- 25g sugar
- 2 eating apples
- 50g sultanas

Ovenproof dish or foil trays from the school shop.

Equipment

Mixing bowl, saucepan, mixing spoon, chopping board, sharp knife and ovenproof dish/foil trays.

Method

1. Prepare the apples by coring and slicing (if you have cooking apples they will need to be peeled). Put in a saucepan and half cover them with water, stew on the hob until soft.
2. Rub in the butter or margarine into the flour until it resembles breadcrumbs.
3. Stir in the oats and sugar.
4. Place the apples in the bottom and top with sultanas in the ovenproof dish/foil tray.
6. Sprinkle the crumble topping over the apple slices.

AT HOME

Bake for 20 minutes at 180C, or until the crumble is golden.

Top tips

- Be creative and experiment with other fruits, such as blackberries, apricots, raspberries, peaches, nectarines or plums.
- Try mixing different fruits, e.g. pear and plum.

Skills

Using the hob	Rubbing in	Combining	Coring	
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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), mixing 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.

Some of our recipes include ingredients which are known to be allergens for some people. See the table below showing the 14 most common allergens. KS3 recipes can be adapted to remove these ingredients, and others which cause intolerances, – for advice please speak to your food teacher. People who restrict some foods due to moral or religious beliefs can also make adaptations.

	Gluten	Crustaceans	Eggs	Celery	Milk	Fish	Treenuts	Sulphites	Soya	Sesame	Peanuts	Mustard	Lupin	Molluscs
Fruit Fusion														
Vegetable Couscous	⊗							⊗						
Apple Crumble	⊗				⊗			⊗						
Pizza Toast	⊗				⊗									
Fruity Flapjack					⊗			⊗						
Fruity/Cheesy Scones	⊗				⊗			⊗				⊗		
Macaroni Cheese	⊗				⊗									
Bolognese Sauce														
Fish and Chips	⊗		⊗			⊗								
Chicken Fajitas	⊗							⊗						
Cheese and Onion Tarts	⊗		⊗		⊗									
Pizza	⊗				⊗									