

There is a version of this file on the school website noticeboard and on firefly resources.

Name \_\_\_\_\_

Form 7 \_\_\_\_\_

- ☐ Please read this information to your parents/guardians and discuss it.
- ☐ We aim to cook most lessons. It is essential that you write your homework down and check FIREFLY.
- ☐ If you fail to bring ingredients to class, you will be doing written work about the practical. If you forget your ingredients on more than one occasion you will receive a detention.
- ☐ Please ensure all ingredients are weighed and measured out at home. (YOU SHOULD BE DOING THIS YOURSELF but getting an adult to help you and check your measurements are accurate)
- ☐ Please remember to bring with you the correct container tub or dish to take your food home in. Usually, all your ingredients should fit into it so you can carry them into school in it.
- ☐ Please label your tub and all your ingredients before you come to school.
- ☐ Put high risk foods (i.e. meat and dairy) in the fridge or the tray outside the Food room if the door is locked before morning registration.
- ☐ Please **DO NOT** deviate from recipes (i.e. do not double quantities we have not got enough time, trays or oven space space)
- ☐ You do not need to bring in any equipment (just ingredients) we have everything you need in school. NEVER CARRY KNIVES IT IS ILLEGAL! Remember it is a NUT FREE school so please make sure you don't bring any in!

Date	Lesson	Dish
	1	Sensory analysis of apples food room equipment treasure hunt Observing Fruit salad demonstration
	2	Fruit salad-
	3	Egg and crouton salad
	4	Pizza toast-
	5	Fruit crumble-
	6	Cheese Scones
	7	Pasta and ragu sauce-
	8	Bread rolls
	9	Small Cakes
	10	Biscuits
	11	Pancakes,
	12	Italian pasta soup

## FRESH FRUIT SALAD

### INGREDIENTS:

- ☐ A Lemon
  - ☐ An Orange
  - ☐  $\frac{1}{4}$  pt fresh fruit juice (small carton)
  - ☐ **Leak proof container to take your fruit salad home in.**
- ☐ Any five fruits from the following list:

### EQUIPMENT:

- ☐ Large glass bowl
- ☐ Plate
- ☐ Colander
- ☐ Knife
- ☐ Lemon juicer

<input type="checkbox"/> Pear	<input type="checkbox"/> Kiwi fruit
<input type="checkbox"/> Apple	<input type="checkbox"/> Peach
<input type="checkbox"/> A tin of pineapple	<input type="checkbox"/> Apricot
<input type="checkbox"/> 10 grapes	<input type="checkbox"/> Banana
<input type="checkbox"/> 10 strawberries	<input type="checkbox"/> A slice of melon

### Method

1. Wash all fruit you are not going to peel in a colander (put a plate under to catch the drips).
2. Cut lemon in half, squeeze out juice and pour into large bowl.
3. Prepare any pears and apples first, slicing into neat lemon juice and stirring.
4. Pour fruit juice into your tub.
5. Prepare the orange, remove pips and skin and segment add to tub.
6. Slice grapes, stone plums and peaches and slice, add to bowl
7. Peel and slice banana add to bowl last as it browns quickly.
8. Spoon fruit salad into leak proof container to take home in.
9. Wash your equipment have it checked and put it away.
10. Fresh fruit salad is improved if chilled before serving.

**Nutrition** - fruit provides vitamins, minerals, fibre and water

**Use**- dessert/snack

**Key Terminology** - Enzymic Browning, acid. Bridge hold, Claw grip

**DON'T FORGET A CONTAINER TO TAKE YOUR FRUIT SALAD HOME IN!**

## RICE AND EGG LAYERED SALAD

### INGREDIENTS:

- ☐ An air tight tub to take your salad home in. (Small ice cream tub sort of size)
- ☐ 1 slice of bread
- ☐ An Egg
- ☐ 2 tablespoons (125ml) of a binding ingredient either: mayonnaise, salad dressing, 'ready-made dip' or salad cream.

### EQUIPMENT:

- ☐ medium pan
- ☐ Small pan between two
- ☐ Frying pan between two.
- ☐ Knife
- ☐ Chopping board
- ☐ Colander
- ☐ Plate (for peelings)

Choose **one** of the following protein rich foods:

<input type="checkbox"/> 50 g of cooked ham	<input type="checkbox"/> 50g cubed or grated cheese
<input type="checkbox"/> Small Tin of tuna	<input type="checkbox"/> 20g seeds
<input type="checkbox"/> 50g from a tin of mixed bean salad	<input type="checkbox"/> 50g cooked chicken

Choose **three** of the following salad/vegetables/fruits or choose your own using these as a size/quantity guide)

<input type="checkbox"/> 10 cm cucumber	<input type="checkbox"/> 4 leaves of lettuce
<input type="checkbox"/> 1 tomato or 4 cherry tomatoes	<input type="checkbox"/> $\frac{1}{4}$ pepper (any colour)
<input type="checkbox"/> 6 pitted olives	<input type="checkbox"/> 2 spring onions
<input type="checkbox"/> 30g tinned sweetcorn	<input type="checkbox"/> Stick of celery

### Method

1. Share one small pan between (for the eggs) filled 2/3 full of water on the hob and bring to the boil. Boil for 10 mins time carefully they need to be boiling for at least 8 mins or they wont be cooked!
2. Snip or cut your bread up into small cubes about 2cm square.
3. Share a frying pan one between two and fry your croutons until golden brown and crispy. Once cooked leave the pan on a heat proof mat to cool then place them on a plate on a piece of paper towel or kitchen roll to drain off the excess oil.
4. Once the eggs are boiled cool them by emptying the hot water down the drain and fill the pan up with cold water from the tap. You need to cool them straight away to avoid getting a grey ring around the yolk. (This is not a problem as such its just not very aesthetic!)
5. Meanwhile wash all salad/veg/fruit in a colander. (Remember to use a plate as a drip catcher!!)
6. USING THE BRIDGE HOLD AND CLAW GRIP Slice and dice salad/veg/fruit as desired.
7. Open and drain any tinned foods.
8. Drain the egg and re fill pan with cold water leave to cool repeat until cold. Once the eggs are cold tap them on the worktop to break the shells up. Once they are all crackled peel the shell off and put it in the compost bin. Use the egg slicers to slice the eggs.
9. Mix in any binding ingredients like sauces and dips as required. Arrange the salad in the tub with the egg slices and croutons on the top. Peel and slice egg, arrange on top of salad.
10. Put your NAMED tub IN THE FRIDGE-Remember to collect it at home time!

**DON'T FORGET A PLASTIC TUB TO TAKE YOUR SALAD HOME IN**

## PIZZA TOAST

### INGREDIENTS:

- ☐ A tub to take it home in.
- ☐ 2 slices bread or a large pitta bread.
- ☐ 2 x Dessert spoons tomato puree or pizza sauce topping
- ☐  $\frac{1}{2}$  yellow pepper
- ☐ 1 spring onion
- ☐ 1 mushroom
- ☐ (Or swap for other similar vegetables)
- ☐ 30g hard cheese, e.g. Cheddar, Edam,

### EQUIPMENT:

- ☐ Knife
- ☐ Chopping board
- ☐ Grater
- ☐ Spoon

### 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 puree or sauce over the bread.
- 7) Arrange the pepper, mushroom and onion over the slices.
- 8) Sprinkle the cheese on top and place under the grill until the cheese bubbles.

**\*\* DON'T FORGET A CONTAINER TO TAKE YOUR PIZZA TOAST HOME IN\*\***

## FRUIT CRUMBLE

### Ingredients:

- ☐ OVEN PROOF DISH to cook the crumble in and take it home in.  
A metal or enamel dish is recommended as Pyrex or ceramic could be broken in transit!
- ☐ 100g Plain Flour
- ☐ 60g cereal product either: porridge oats, shredded wheat, or Weetabix
- ☐ 50g Block Margarine
- ☐ 50g Caster or granulated sugar
- ☐ 2 tins fruit pie filling or **stewed fruit**  
(Must already be prepared at home)

### Equipment

- ☐ Large mixing bowl
- ☐ Knife
- ☐ Spoon
- ☐ Baking tray (to put your dish on in the oven)

**\*\*DON'T FORGET YOUR OVEN PROOF DISH\*\***

### Method

1. Weigh ingredients carefully
2. Place flour and add margarine into mixing bowl and cut roughly with knife.
3. Rub margarine into flour with fingertips until mixture resembles fine breadcrumbs.
4. Add sugar and mix.
5. Add chosen cereal product.
6. Place fruit in ovenproof dish and level.
7. Sprinkle bread crumb mixture over the fruit and level.
8. Bake at gas no. 6 or 200°C for 20 - 25 minutes until light brown.

**Nutrition** - fruit provides vitamins minerals, fibre and water.

Wholegrain cereals provide fibre and carbohydrates.

Block margarine provides polyunsaturated fat.

Sugar is for flavour it provides empty calories.

**Key Terminology** - rubbing in.

Empty calories- energy with no or little other nutritional value.

**\*\*DON'T FORGET YOUR OVEN PROOF DISH\*\***

## CHEESE SCONES

### Ingredients:

- ☐ **A box or tub to take them home in**
- ☐ 150g Self raising Flour.
- ☐ 30g Block Margarine OR butter
- ☐ 75 ml milk
- ☐ 1 egg
- ☐  $\frac{1}{2}$  teaspoon of herbs (rosemary)  
or spices (paprika) optional
- ☐ 50g grated cheese.  
OR 25g grated cheese and  
25g sundried tomatoes  
(Drained and chopped)  
OR 25g sundried tomatoes  
and 25g olives (drained and chopped)

### Equipment

- ☐ Large mixing bowl
- ☐ Knife
- ☐ Mixing jug
- ☐ Fork
- ☐ Tablespoon
- ☐ Fluted cutter
- ☐ Pastry brush

### Method

1. Pre-heat oven 200°C and grease baking tray
2. Measure flour and add margarine into mixing bowl and cut roughly with knife.
3. Rub margarine into flour with fingertips until mixture resembles fine breadcrumbs.
4. Add cheese and or olives and sundried tomatoes mix.
5. Break egg into jug and mix with milk.
6. Add beaten egg/milk to dry ingredients (flour cheese etc herbs and spices) and stir with fork (save approx. 2 tablespoons of milk mixture to glaze scones). Mix until you have a stiff dough.
7. Knead mixture slightly and roll to thickness of a knife blade (approx. 2cm)
8. Cut into circles with fluted cutter.
9. Glaze scones with milk and egg
10. Place scones on greased baking tray and bake at 200°C or Gas no7 for 10-15 mins or until golden brown.
11. Get out cork mat and cooling tray to put cooked scones on

**Nutrition** – fruit provides vitamins, minerals, fibre and water.

### **Key Terminology–**

Maillard browning reaction, Knead, rubbing in method, Glaze, Grated

**\*\* DON'T FORGET A CONTAINER TO TAKE YOUR SCONES HOME IN\*\***

## PASTA and Ragu sauce

### Ingredients you will need:

- ☐ **A leak proof tub.**
- ☐ 1 onion (PLEASE CHOP AT HOME OR BRING READY CHOPPED ONION OTHERWISE, EVERYONE ENDS UP CRYING ALL LESSON! I WILL PUT AN ONION CHOPPING VIDEO ON FIREFLY FOR YOU TO WATCH SO YOU KNOW WHAT TO DO! WEARING SWIMMING GOGGLES HELPS!)
- ☐ 1 clove garlic
- ☐ 1x15ml spoon oil
- ☐ 2 x 400g canned chopped tomatoes.
- ☐ handful of fresh basil
- ☐ black pepper
- ☐ 180g pasta

### Equipment you will need:

- ☐ Large pan
- ☐ Colander
- ☐ Knife
- ☐ Green Chopping board
- ☐ garlic press,
- ☐ wooden spoon,
- ☐ large saucepan.
- ☐ small saucepan,
- ☐

### METHOD

1. Peel and chop the onion and peel and crush the garlic.
  2. Fry the onion and garlic in the oil for 5 minutes, until soft.
  3. Add the tomatoes and tear in the basil leaves.
  4. Add a few twists of black pepper, then allow to simmer gently for 30 minutes (longer if possible).
- Place the pasta in a large saucepan cover with boiling water for 10 minutes drain and serve.

### **Top tips**

- Use dried herbs if you do not have fresh.
- Add  $\frac{1}{2}$  red chilli, for a sauce with a kick.
- Add 75g mushrooms and 75g courgette, after stage 2, for a simple veggie sauce.
- Add and brown 200g minced beef after stage 2 for a simple meat sauce.
- Stir-in black olives and tuna.
- Pour the basic sauce over white fish, sprinkle with cheese and bake for 20 minutes until golden.

**Nutrition** - vegetables provide vitamins, minerals, fibre and water.

Pasta is made from wheat which is a starchy carbohydrate.

### **Key Terminology-**

Tin opener, al dente, drain, Sauce, Grate, Pre-heating, Transfer, stock,

**\*\*DON'T FORGET A WATERTIGHT TUB TO TAKE IT HOME\*\***

# BREAD ROLLS

You may also wish to bring in some dried fruit and or seeds.

You will need a tub or tin to take them home in.

## Ingredients

- ☐ 250g (1/2 lb Strong white flour
- ☐ 1 level teaspoon salt
- ☐ 15g (1/2oz) margarine
- ☐ 1 rounded teaspoon quick acting dried yeast (1/2 sachet)
- ☐ 125ml (1/4pt) water
- ☐ **A tub to take your bread home.**

## Equipment

- ☐ Baking tray
- ☐ Measuring jug
- ☐ Wooden spoon
- ☐ Large bowl

## METHOD

1. Pre-heat the oven at 230°C.
2. Grease a baking tray.
3. Sieve flour & salt together into a bowl, rub in the margarine and stir in the yeast.
4. Put 4 tablespoons of boiling water into a measuring jug. Add enough cold water to make 125ml (1/4 pt.) the water should be about as warm as your hands.
5. Pour into the flour and mix with a wooden spoon. The dough must be soft at this stage. If it seems dry, add another 2-3 tablespoons of water.
6. Knead firmly for 10 minutes roll into a sausage then cut into 8 pieces.
7. Shape each piece into a bread bun and arrange in the tin.
8. Glaze with milk or egg.
9. Put the tin in a warm place like the grill part of the oven to rise (sometimes called proving).
10. Leave for approx. 10 mins to rise.
11. Bake in the oven for 10-15 minutes.
12. To see if they are cooked tap them underneath, if done they will sound crisp and hollow.
13. Leave to cool on a wire rack.

### Key terminology

Yeast   Knead   Rise   Proving   Dough   Glaze   Maillard Reaction   Browning

**\*\* DON'T FORGET A CONTAINER TO TAKE YOUR BREAD HOME IN \*\***



## SMALL CAKES

### Ingredients you will need:

- ☐ Tub or box to take cakes home in.
- ☐ 50g S.R Flour )
- ☐ 50g Margarine ) or weight of egg
- ☐ 50g Caster sugar )
- ☐ 1 egg

### Decorations

75g (3oz) Icing sugar  
Tap water to mix  
(approx. 2 tsp- no need to bring in)  
Decorations i.e., Sprinkles,  
glace cherries,  
sugar paper motifs.

### Equipment you will need:

- ☐ Glass mixing bowl
- ☐ Wooden spoon
- ☐ Tablespoon
- ☐ Teaspoon
- ☐ Bun tray
- ☐ Wire cooling tray

## Method

1. Preheat the oven 190°C
2. Place bun cases into bun tray.
3. Sieve flour into mixing bowl
4. Add sugar, egg and margarine and mix with a wooden spoon, until light and creamy.
5. Place a heaped spoonful of the mixture into each paper case.
6. Bake in oven for approx. 10 mins.
7. Wash up.
8. When cakes are cooked, allow to cool on a wire cooling tray.
9. In a jug place your icing sugar-add one teaspoon (the smallest spoon) of cold water and stir for two mins-if needed add half a teaspoon more water and stir-DON'T ADD TOO MUCH WATER OR YOU WILL MAKE THE ICING TOO THIN-IT NEEDS TO BE THICK.
10. Decorate with icing and glace cherries or sprinkles etc.

### **Nutrition**

Flour provides carbohydrates. It is fortified with iron and calcium by law.

Self-rising flour has had a raising agent added to it.

Sugar provides readily available energy.

Butter provides saturated fat.

Eggs provide protein.

### **Key Terminology**

Bun cases	pre-heat
Electric whisk	Creaming method
Wire rack	Cool

**\*\* Don't forget a container to take your cakes home in \*\***

## BISCUITS

### Ingredients you will need:

- ☐ **Container to carry biscuits home.**
- ☐ 100g soft margarine
- ☐ 50g sugar
- ☐ 50g of either dried fruit or chocolate chips
- ☐ 120g plain flour
- ☐ (vanilla essence-optional)

### Equipment you will need:

- ☐ Baking tray
- ☐ Mixing bowl
- ☐ Wooden spoon
- ☐ Dessert spoon

### Method

1. Pre-heat oven 190c or gas mark 5 and grease and line a baking tray.
2. Put sugar and soft margarine into a large bowl and cream together with a wooden spoon until pale and creamy.
3. Sieve flour into and mix.
4. Stir in any additional ingredients and, using a dessert spoon, put the mixture on to the greased baking tray in little balls.  
Squash down a little with a fork.
5. Bake for approximately 20 minutes until golden in colour.

### **Nutrition**

Flour provides carbohydrates. It is fortified with iron and calcium by law.

Self-raising flour has had a raising agent added to it.

Sugar provides readily available energy.

Butter provides saturated fat.

Vanilla essence is a natural flavouring.

### **Key Terminology**

Pre-heat

Creaming method

**\*\* DON'T FORGET A CONTAINER TO TAKE YOUR BISCUITS HOME IN \*\***

## Pancakes

### Ingredients

- ☐ **Container to take pancakes home in**
- ☐ School provides vegetable oil, for frying.

For the pancake mixture

- ☐ 60g plain flour
- ☐ 1 egg
- ☐ 110ml milk

To serve: (optional)

- ☐ caster sugar
- ☐ lemon juice
- ☐ Maple syrup
- ☐ Chocolate spread must be Cadburys.
- ☐ **NUTS ARE NOT ALLOWED IN SCHOOL!**

### Equipment

- ☐ Large bowl
- ☐ Mixing jug
- ☐ Whisk
- ☐ Frying pan
- ☐ Fish slice plastic black one if possible
- ☐ Ladle

### Method

1. Put the flour into a large mixing bowl.
2. Break the egg into a jug and remove any shell and add the milk and whisk.
3. Pour the liquid into the flour bowl and begin whisking incorporating any bits of flour from around the edge of the bowl as you do so.
4. Whisk until the batter is smooth, with the consistency of thin cream.
5. Now pour a little oil into a non-stick frying pan about the size of a 50 pence piece and tilt the pan a little to coat all the inside base surface of it.
6. Now get the pan hot, then pour in almost a full ladle of batter into the hot pan in one go. As soon as the batter hits the hot pan, tip it around from side to side to get the base evenly coated with batter.
7. It should take only half a minute or so to cook; you can lift the edge with a black fish slice to see if it's golden brown.
8. Flip the pancake over with a fish slice or palette knife - the other side will need a few seconds only - then simply slide it out of the pan into your tub.
9. Stack the pancakes as you make them.
10. To serve, sprinkle each pancake with freshly squeezed lemon juice and caster sugar, fold in half, then in half again to form triangles, or else simply roll them up. Serve sprinkled with a little more sugar and lemon juice and extra sections of lemon.

**Don't forget a container to take your pancakes home in or eat them out of**

## CHUNKY ITALIAN PASTA SOUP

### Ingredients

50g Pasta Bows or twists (fusilli) or tubes or shells  
5 spring onions  
50g frozen or tinned peas  
2 tomatoes  
1 tsp dried oregano or mixed herbs.  
1 clove of garlic or 1tsp garlic powder or granules  
1 Vegetable stock cube (dissolve in 500ml of water)  
1 Tin chopped tomatoes.  
1 red, green, yellow, or orange pepper

### Equipment

- ☐ Small sharp knife
- ☐ Chopping board
- ☐ Large saucepan
- ☐ Wooden spoon
- ☐ Measuring jug

### Method

1. Boil the kettle open and place the stock cube in a jug. Add 1 pint of boiling water and stir until dissolved.
2. Open the tin of chopped tomatoes and pour into a large saucepan.
3. Carefully pour the hot stock from the jug into the pan.
4. Add the pasta to the pan.
5. Wash all the vegetables in a colander (remember to use a drip catcher plate)  
USING THE BRIDGE HOLD AND CLAW GRIP
6. Chop the spring onions into small pieces and add to the pan.
7. Remove the stalk and seeds from the pepper, cut it into cubes and add to the pan.
8. Slice the celery and add to the pan.
9. De-seed the tomatoes and cut into cubes add to the pan.
10. Add peas to the pan.
11. When the soup is bubbling reduce the heat to low and simmer gently for 15 minutes or until the vegetables and the pasta is tender.

**\*\* DON'T FORGET A CONTAINER TO TAKE YOUR SOUP HOME IN \*\***