



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
 - * Red – Raw meat
 - * Blue – Fish
 - * Green – Fruit & vegetables
 - * White – General use
- 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 cooled 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 **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 in an airtight tin to keep fresh for longer

Fruit Salad

You will need:

¼ pint cold water

1 tbsp Sugar

3 strawberries

1 apple

12 grapes

1 kiwi fruit

1 orange

1. Place the water & sugar in a pan. Place on the hob and bring to the boil, then reduce heat & simmer for 1 minute. Switch off the heat and allow to cool.
2. Use the bridge and claw holds to peel, chop, slice and dice the fruits.
3. Place the prepared fruit into a bowl and pour over the syrup/



Skills:

Implementation of personal hygiene standards.

Using the hob – boil & simmer

Use the bridge and claw hold - peel, chop, slice and dice

Following food hygiene procedures - storage of foods & cleaning.

Vegetable Soup

You will need:

1 stick of Celery

1 Carrot

1 Onion

1 Potato

1 tbsp oil

Vegetable stock cube

Chopped tomatoes

Salt & Pepper

4. Wash and chop the vegetables into small cubes.

5. In a large saucepan: Fry the vegetables in the oil in order for them to begin softening.

6. Boil the kettle and make up a pint of vegetable stock.

7. Pour the stock and tinned tomatoes into the saucepan with the vegetables. Add the salt & pepper.

8. Boil for 10 minutes until vegetables are soft.

9. Blend to the desired consistency.



Skills:

Implementation of personal hygiene standards.

Knife skills – claw & bridge – cubing vegetables.

Frying/Boiling/simmering – conduction heat.

Using a blender – liquidise.

Following food hygiene procedures for storage of foods & cleaning.

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

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.



SKILLS:

Bridge & claw hold

Using a grater

Using a grill

Science:

Radiation

Maillard Reaction

Dextrinisation

Breakfast Muffins

You will need:

300g SR flour, sifted
1 tsp baking powder
1 tsp cinnamon
150g light brown sugar
250g milk
2 eggs
100g butter, melted
75g granola
125g blueberries



10. Pre-heat oven 180c / Gas 4.
11. Place paper cases into muffin tray.
12. Place flour, baking powder, and cinnamon into a large bowl. Stir in the sugar.
13. In a separate bowl: whisk the milk, eggs & melted butter – then pour into the dry ingredients. Stir in the fruit.
14. Divide the mixture between the 12 cases, then sprinkle the top with granola.
15. Bake for 20 – 25 mins.

Skills:

Implementation of personal hygiene standards.

Using a sieve - aeration

Using an oven - coagulation

Using an electric mixer – aeration & mixing

Folding, mixing - combining

Following food hygiene procedures for storage of foods & cleaning.

Macaroni Cheese

Ingredients

250g macaroni

40g butter

40g plain flour

1 pint milk

250g cheddar, grated

50g Parmesan (or a similar vegetarian alternative), finely grated

Method

1. Cook the macaroni in a large saucepan of boiling salted water for 8–10 minutes. Drain well and set aside.
2. Melt the butter over a medium heat in a saucepan. Add the flour and stir to form a roux, cooking for a few minutes.
3. Gradually whisk in the milk, a little at a time. Cook for 10–15 minutes to a thickened and smooth sauce.
4. Remove the sauce from the hob, add the cheese and stir until it is well combined and melted.
5. Add the macaroni to the sauce and mix well.
6. Sprinkle over the Parmesan.



Skills:

Weighing & measuring

Grating

Slicing

Melting

Roux sauce

Thickening

Science:

Conduction heat

Gelatinisation

Maillard reaction

Fruity Flapjacks

Ingredients

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

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.



Skills:

Melting
Mixing
Using the oven – baking

Science:

Convection heat
Dextrinisation

Quorn Bolognese

300g Quorn mince

2 tbsp olive oil

1 onion, peeled and finely chopped

1 carrot, peeled and finely diced

1 green pepper, seeded and finely diced

1 clove garlic, peeled and crushed

1 tbsp mixed dried herbs

400g tinned tomatoes

salt and pepper

Method:

1. Fry the onion, carrot and garlic in the oil until they begin to soften.
2. Add the quorn and fry for 2 minutes
3. Add the tinned tomatoes and the herbs and allow to simmer for 8 mins.



Skills:

Recipe adaptation –
vegetarian/vegan

Claw and bridge hold; slicing
and dicing

Frying

Simmering

Science:

Conduction heat

Caramelisation

Maillard Reaction

Additional Recipes

Additional recipes

Additional recipes