



Year 7
Design & Technology
Food Technology

Recipe Booklet

Year 7 Recipes

1. [Cous Cous Salad](#)
2. [Tomato & Basil Soup](#)
3. [Tropical Granola Bars](#)
4. [Cheese Scones](#)
5. [Pizza](#)
6. [Carrot Muffins](#)
7. [Stir Fry and Noodles](#)

Vegetable Couscous Salad

Learning Objectives:

- Claw Hold
- Bridge Hold

Ingredients

200 ml water, boiling
1 vegetable stock cube
100g couscous
1 medium tomato
1 spring onion
¼ cucumber
½ yellow pepper
4 dried apricots
1 tablespoon spoon parsley
2 tablespoons dressing

Equipment

Large bowl
Small bowl
Measuring jug
Knife x 2
Chopping board x 2
Spatula

Method

1. 1. Make up the stock by dissolving the stock cube in the 200ml boiling water.
2. 2. Pour the stock over the couscous in a small bowl.
3. 3. Fluff with a fork and leave to stand for 5 minutes.
4. 4. Chop the tomato and cucumber, pepper and spring onion into bitesize chunks..
5. 6. Slice the dried apricots and parsley into small pieces.
6. 7. Add all the vegetables to the couscous.
7. 8. Stir everything together.
8. 9. Add the dressing and mix well.

Tomato and Basil Soup

Learning Objectives:

- Using the cooker
- timing
- organisation
- using a blender

Ingredients

400g can plum tomatoes
1 small carrot
1 small onion
1 tsp olive oil
500ml vegetable stock
1 tsp sugar
Pinch of salt and pepper
dash Worcestershire sauce
few torn basil leaves

Equipment

Chopping Board
Chef's Knife
Medium saucepan
Wooden spoon or spatula
Measuring jug
Pan stand
Ladle

Method

1. Boil the kettle and make the stock.
2. Put 1 tsp olive into a saucepan.
3. Chop the carrot and onion into small pieces. Add to the saucepan.
4. Sweat the onion and carrot over a medium heat until soft – stirring all the time so they do not stick.
5. Carefully add the tomatoes, sugar, stock and Worcestershire sauce and basil leaves into the saucepan with some salt and pepper.
6. Bring to a simmer and cook for 15 mins.
7. Carefully blend to a smooth soup.

Tropical Granola Bar

Learning Objectives:

- Using the oven
- Claw grip
- Using the hob
- Combining
- Weighing/measuring

Equipment

measuring spoons,
saucepan,
wooden spoon,
baking tin
spatula
palette knife

50g butter or margarine
2 tablespoons honey
100g sugar
150g jumbo oats
1 teaspoon cinnamon
40g pumpkin seeds
40g desiccated coconut
75g dried fruit

Method

1. Preheat the oven to 180°C or gas mark 4.
2. Oil and line a 20cm baking tin.
3. Place the butter or margarine, sugar and honey into a saucepan and gently heat until the butter or margarine has melted.
4. Stir in all the other ingredients.
5. Pour the mixture into a non-stick (or lined) baking tin.
6. Pat down the mixture in the baking tin.
7. Bake for 20 minutes, until lightly browned.
8. Remove from the oven and cut into 'bars' in the baking tin while hot.

Cheese Scones

Learning Objectives:

- The rubbing in method
- Why should they be the same size

Ingredients

250g self-raising flour
40g butter or margarine
75g hard cheese
150ml milk
1 teaspoon of mustard powder

Equipment

Large bowl
Measuring jug
Cutter
Grater
Sieve
Baking tray
Knife (butter)
Wooden triangle

Method

1. Preheat the oven to 200oC or gas mark 7, grease baking tray
2. Sieve the flour and mustard into the bowl.
3. Rub in the butter.
4. Grate the cheese and stir into flour.
5. Add milk and mix with a knife to form a soft dough.
6. Remove from bowl and use hands to pat into 1½cm thick. (thumb)
7. Cut out using a cutter – about 6
8. Spread the scones evenly on a baking tray.
9. Bake for 12 - 15 minutes, until golden brown.
10. Put on a cooling rack.

To make fruit scones:

- Miss out the mustard powder.
- Add 25g sugar 75g dried fruit instead of the grated cheese.

Pizza

Learning Objectives:

- Making your own healthy pizza
- How to knead dough

Ingredients

1 packet pizza base mix
75g passata
1 tsp oregano
50g cheddar cheese

Method

1. Preheat oven to 200oC or Gas 7
2. Lightly grease a baking tray.
3. Pour the pizza base mix into a large bowl.
4. Add hand hot water (check quantity on the packet).
5. Stir with a spatula until it forms a ball of dough.
6. Knead the dough on the work surface until smooth and soft. Lightly dust the work surface with flour to stop the dough from sticking.
7. Leave the dough to rest for about 5 minutes.
8. Grate the cheese and weigh out the passata. Add the herbs.
9. Divide the dough into 2 equal balls then roll out with a rolling pin, dusting with flour to prevent sticking.
10. Place the rolled out bases on to the baking tray.
11. Spread out the passata to cover the bases. Then sprinkle with cheese.
12. Cook in the oven until golden brown – about 8 – 10 minutes.

Equipment

Large bowl
Small bowl
White chopping board
Measuring jug
Spatula
Spoon
Grater
Baking tray
Wooden triangle
Rolling pin
Flour Dredger

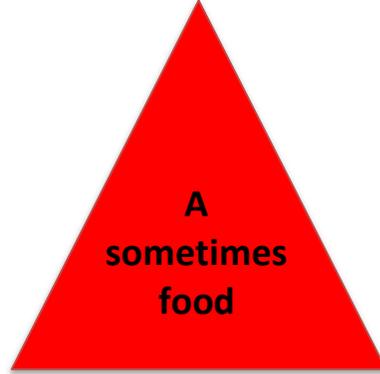
Carrot Muffins

Learning Objectives:

- Why should they be the same size
- How to break an egg

Ingredients

150g margarine or butter
250g carrots
200g sugar
2 large eggs
200g SR flour
2 teaspoons cinnamon
2 teaspoons baking powder
125g sultanas



Equipment

Large bowl
Small bowl
Spatula/wooden spoon
Grater
Sieve
Chopping board
Knife
2 large spoons
Muffin tin

Method

1. Preheat the oven to 200°C or gas mark 6.
2. Melt the butter in the microwave.
3. Top and tail, and then peel and grate the carrots.
4. Combine the carrots, sugar and butter in the large mixing bowl.
5. Beat the eggs in a small bowl, and then add to the mixture.
6. Mix in the sultanas.
7. Sift the flour, cinnamon, baking powder into a medium bowl and then stir into the mixture.
8. Divide the mixture equally between the muffin cases, using the two metal spoons.
9. Bake for 20 minutes until golden brown and are bouncy to the touch.

Stir Fry & Noodles

Learning Objectives:

- How to stir fry
- How to cook noodles
- How to get things to be ready at the same time

Ingredients

1 red onion
1 pepper
200g mushrooms (chestnut)
100g broccoli
1 garlic clove
1 teaspoon of vegetable oil
2 nests of noodles

Equipment

Large bowl
Frying pan
Sauce pan
2 x Wooden spoons or spatulas
2 x Chopping board – brown or green
2 x Knives
Colander
Wooden triangle

Method

1. Prepare the vegetables
 - a. Peels and slice the onion
 - b. Core and slice the pepper
 - c. Slice the mushrooms
 - d. Cut the broccoli in bitesize pieces.
 - e. Crush the garlic
2. Half fill a saucepan with water and put on a high heat to bring to a boil.
3. Heat the vegetable oil in a wok or large frying pan for 1 minute until hot.
4. Add the vegetables and cook for 3 minutes, stirring frequently.
5. Meanwhile add the noodles to the saucepan of boiling water, take off the heat and allow to sit in the water for 4 minutes (or follow the instructions on the packet).
6. Drain the noodles into a colander and put into container.
7. Add the stir fry and drizzle with soy sauce.

Top tips

- Change the vegetables to suit what you like or have in the fridge
- Serve with boiled rice instead of noodles
- Add cooked meat eg chicken, beef, turkey or fish like prawns, tuna or salmon