



Year 7  
Design & Technology  
Food Technology

# Recipe Booklet

NAME: .....

TUTOR GROUP: .....

# Vegetable Couscous Salad

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

# Tomato and Basil Soup

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**Learning Objectives: Using the cooker, timing, organisation, making soup, using a blender**

## Ingredients

400g can plum tomatoes  
300ml vegetable stock  
dash Worcestershire sauce  
2 tbsp cream  
few torn basil leaves

## Equipment

Medium saucepan  
Wooden spoon or spatula  
Measuring jug  
Pan stand  
Ladle

## Method

1. Boil the kettle and make the stock.
2. Put the tomatoes, sugar, stock and Worcestershire sauce and basil leaves into a medium saucepan with some salt and pepper.
3. Bring to a simmer and cook for 10 mins.
4. Carefully blend to a smooth soup.
5. Heat the grill to high. Slice the ciabatta into fingers and toast until golden.
6. Rub with the garlic, season, and serve with the soup.

# Cheese Scones

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## 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 200°C 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

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## Learning Objectives:

- Making your own healthy pizza
- How to knead dough

## Ingredients

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

## Equipment

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

## Method

1. Preheat oven to 200°C 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.

# Mini Carrot Cakes

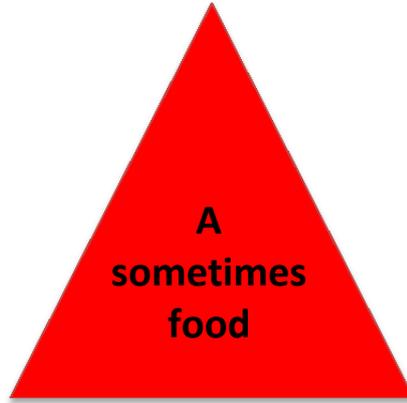
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## Learning Objectives:

- 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

## for the zingy topping

1 orange  
150g icing sugar

## 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.

To make the icing (optional)

1. Meanwhile... sift the icing sugar into a mixing bowl. Use a grater to finely grate the orange zest onto a board, then put to one side.
2. Cut the orange in half. Squeeze enough lemon juice into the bowl of icing sugar to create a nice thick icing, stirring continuously.
3. Spoon the icing onto the cakes, scatter over the orange zest.

# Stir Fry & Noodles

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## 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  
Garlic crusher  
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

# Pasta with Tomato Sauce

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## Ingredients

1 onion  
1 clove garlic, peel and crush  
1 tablespoon olive oil  
1 x 400g passata  
handful of fresh basil or dried oregano  
black pepper  
200g pasta

### Equipment

Sauce pan – large  
Frying pan - large  
Colander  
Spatula or wooden spoon  
Chopping board  
Chef's knife  
Garlic crusher

## Method

1. Put a saucepan of water on the boil.
2. Peel and finely chop the onion and peel and crush the garlic.
3. Sweat the onion for 2 minutes on a **low** to medium heat.
4. Add the garlic and fry for 1 minute. (Be careful not to burn the onion and garlic otherwise it will make your dish taste bitter).
5. Add the tomato passata and tear in the basil leaves or add the oregano.
6. Add a few twists of black pepper, then allow to **simmer** gently on a low heat for 30 minutes (longer if possible). The sauce will have “reduced” and become thicker.
7. Once the saucepan of water is boiling, add the pasta and boil for 10 minutes or until al dente.