

Couscous Salad

- 175ml water, boiling
- 1 vegetable stock cube
- 100g couscous
- 1 medium tomato
- ½ cucumber
- ½ yellow pepper
- 4 dried apricots (optional)

•Vary the vegetables in the couscous dish, e.g. use celery, sweetcorn, peas, olives, 1 spring onion or mushrooms.

Container with a lid to take home in

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



Pizza Toast

- 30g hard cheese
- e.g. Cheddar, Edam,
- 2 slices bread (or a small piece of French)
- 2 x 15ml spoons tomato sauce
- Optional:
- ½ yellow pepper
- 1 spring onion
- 1 mushroom

This will be eaten in class

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 using the back of the spoon.
7. Arrange the pepper, mushroom and onion over the slices.
8. Place under the grill until the cheese bubbles.



Apple and Sultana crumble

- 100g plain flour
- 50g butter or margarine
- 50g oats (optional)
- 25g sugar
- 2 Eating apples (500g)
- 50g sultanas
- Foil tray will be provided by school
- Container with a lid to take home in

1. Preheat the oven to 190°C or gas mark 5
2. Rub in the fat into the flour until it resembles breadcrumbs.
3. Stir in the oats and sugar.
4. Cut the apples into quarters and remove the core. Slice thinly.
5. Place apple in foil tray dish on a baking tray, and then add the sultanas.
6. Bake for 25-30 minutes, until the apples are soft and the crumble is golden.



Year 7 Recipes

These are the recipes pupils will be making over the next term. You will be notified a week in advance which recipe will be cooked next.

Please note that the school can provide some of the smaller items, these are identified by (school) after the ingredient.

Vegetable soup

1 carrot
1 leek
1 potato
Vegetable stock cube
600ml water

Container with lid to take home in

1. Prepare the vegetables:
 - top and tail, peel and dice the carrot;
 - top and tail, then slice the leek;
 - peel and cube the potato;
2. Place all the vegetables into the saucepan
3. Add 600ml water
4. Add the stock cube to the saucepan and bring to the boil.
5. Simmer for 20 minutes.



Rainbow rice

100g long grain rice
1 red pepper
½ small cucumber
1 large carrot

Dressing (Optional)

2 tbsp olive oil
2 tbsp orange juice

Container with a lid to take home in

Measure 300ml of water
Place rice & water into saucepan. Boil for 10 mins
Deseed and dice pepper
Deseed and dice cucumber
Peel & grate carrot
Drain rice, rinse with cold water
Mix vegetables and rice together in mixing bowl
Drizzle over oil and orange juice. Mix again



Fatless mini sponge cakes

2 Eggs
50g Caster sugar
50g Self raising flour
10 Muffin cases

Container with lid to take home in

Preheat oven 200C Gas 6
Place eggs and sugar in mixing bowl
Whisk until mixture is thick & creamy, about 5 minutes
Sieve in flour, **FOLD IN CAREFULLY**
Place muffin cases in muffin tin
Place mixture into cake cases
Cook for 10 minutes



Vegetable Stir Fry

- 100g noodles (Precooked)
- 1 clove garlic (optional)
- 1cm fresh ginger (optional)
- 3 mushrooms
- 1 onion
- ½ yellow pepper
- 1 x tbs oil (school)
- 1 x tbs soy sauce (optional)

Container with lid to take home in

1. Peel garlic and dice
2. Peel and slice ginger
3. Peel onion slice
4. Slice mushrooms
5. De-core and slice pepper
6. Fry onion, garlic, ginger Add remaining vegetables & soy sauce cook for a further 2 minutes
7. Remove from heat, stir in noodles.



Breakfast muffins

- 255g self-raising flour
- 2 x 5ml spoons baking powder (school)
- 100g white caster sugar
- 1 egg
- 240ml milk
- 90ml vegetable oil
- Choose from the list below to personalise your muffins
- 10 Muffin cases

Container with lid to take home in

Optional ingredients- your chosen 3 ingredients

1. Preheat oven to 200°C or gas mark 6.
2. Line a 12 hole muffin tin with paper cases.
3. Prepare fruit or vegetables:
 - cut the top and bottom off the carrot and peel (if using);
 - wash the apple or pear (if using) but do not peel;
 - grate the carrot, apple or pear and put aside in a small bowl.
4. In a large bowl, sift together: flour, baking powder and sugar along with the ginger, cinnamon or mixed spice.
5. Crack the egg into a jug and whisk with a fork. Wash hands after touching raw egg.
6. Stir in milk and oil.
7. Pour all liquid ingredients into the dry mixture. Stir just until combined, scraping sides and bottom of the bowl as you stir. Mixing should take only about 30 seconds. The batter will be lumpy but no dry flour should be visible. Do not over stir.
8. Add the grated carrot, apple or pear. Mix gently.
9. Divide the mixture equally among the muffin cases.
10. Add toppings if desired.
11. Bake for 20 - 25 minutes.

Rock cakes

- 200g self-raising flour
- 75g butter
- 75g sugar
- 75g sultanas
- 1 egg

Container with lid to take home in

1. Preheat the oven to 220°C or gas mark 7.
2. Sieve the flour into the bowl.
3. Rub in the fat into the flour until it resembles breadcrumbs.
4. Stir in the sugar and dried fruit
5. Whisk the egg lightly in a small bowl.
6. Make a well in the middle of the flour and carefully add the egg.
7. Mix to form a soft, yet firm dough.
8. Using 2 spoons, divide the dough into 8 'rocks' and place on the baking tray.
9. Bake for 12-15 minutes, until golden brown.



Shortbread

150g plain flour
50g caster sugar
100g butter

Container with lid to take home in

1. Preheat oven 160°C/Gas 3.
2. Put flour & sugar into mixing bowl, rub in with fingertips
3. Knead until it forms a ball,
4. Press into tin, prick base. Bake 20 mins



Bolognaise

1 onion
300g mince or Quorn
1 tbs tomato puree
400g tin chopped tomatoes
1 red pepper
50g mushrooms

Container with lid to take home in

1. Peel and dice onion
2. Remove core from pepper
3. Wash & then slice mushrooms
4. Place onion, mince or quorn, pepper & mushrooms into saucepan, cook until brown
5. Add tomatoes
6. Add 1 tablespoon tomato puree
7. Cook for 5 minutes



Cheese straws

100g self-raising flour
1/4 tsp salt (school)
1/2 tsp mustard powder (school)
50g margarine
75g Cheddar cheese
1 egg, beaten

container with lid to take home in

1. Preheat the oven to, 180°C, Gas 4
2. Sieve the flour, salt and mustard together in mixing bowl
3. Rub butter into flour until you get breadcrumbs
4. Beat egg with a fork in a small bowl
5. Grate cheese
6. Add cheese to breadcrumb mix
7. Add enough egg, until it forms a stiff dough
8. Roll out dough about 3mm thick, cut into strips
9. Place on a baking tray
10. Bake for 10 to 15 minutes until golden brown

