

### Fruit Salad

The following fruits:

1 Apple, 1 Orange, 1 Pear, 1 Banana,  
12 Grapes, 1 Kiwi  
300ml pure orange Juice  
Container with lid

Chopping board  
Vegetable knife  
vegetable peeler  
Measuring jug



1. Prepare all fruit- chop apple, pears & banana into 1cm cubes, wash grapes, chop in half.
2. Peel kiwi fruit, cut into 1cm cubes.
3. Put fruit into your container, add fruit juice

### Vegetable Couscous Salad

175ml water, boiling  
1 vegetable stock cube  
100g Couscous  
1 medium tomato  
1 spring onion  
¼ cucumber  
½ yellow pepper  
4 dried apricots (optional)  
Container with lid



Measuring jug  
Saucepan  
Mixing bowl  
Fork  
Chopping board  
Vegetable knife  
Tablespoon

1. Bring water to the boil, remove from heat, add stock cube.
2. Pour the stock over the couscous in a large mixing bowl
3. Chop the tomato, and cucumber into chunks.
4. Slice the pepper into small strips.
5. Slice the apricots into small pieces
6. Add all the vegetables to the couscous. Cut the spring onions add to the bowl.
7. Stir everything together. Refrigerate.

### Apple & Sultana crumble

Stewed /Tin or jar of apple filling  
100g Plain flour  
50g Sugar  
50g Margarine  
50g Sultanas  
Oven proof dish  
Container with lid

Mixing bowl  
Round bladed knife  
Tablespoon



1. Turn oven on 190C Gas 5
2. Place pie filling into oven proof dish, add sultanas.
3. Place flour into mixing bowl, add margarine cut into flour.
4. Using fingertips rub in margarine until it looks like breadcrumbs.
5. Stir in sugar. Spoon crumble mixture on top of fruit. Cook for 20 minutes.

### Pizza

150g strong plain white flour  
½ teaspoon salt  
½ teaspoon sugar  
1 tbs. oil  
½ Sachet fast action yeast  
About 100ml. Tepid [warm] water  
3 tbs tomato puree or passata  
75g Grated cheese  
Container to take home in with lid



Mixing bowl  
Teaspoon  
Tablespoon  
Table knife  
Measuring jug  
Rolling pin  
Baking tray

1. Heat oven to Gas 7 210C
2. Place flour, salt, sugar, oil and yeast in mixing bowl. Add enough water to get a dough. Knead for 5 minutes. Roll out and place on a baking tray.
3. Spread tomato puree or passata.
4. Add cheese. Bake for 20 minutes

### Vegetable Soup

25g Butter  
1 Leek  
1 large carrot  
1 large potato  
350ml Water  
1 vegetable stock cube  
Container with lid



Chopping board  
Measuring jug  
Saucepan  
Vegetable knife  
Vegetable peeler  
Wooden spatula

1. Place butter in saucepan.
2. Peel, wash and dice vegetables. Place on top of butter in saucepan.
3. Cook gently for a few minutes, stirring with wooden spoon.
4. Add water and crumbed stock cube.
5. Simmer for 20 minutes or until vegetables are soft.
6. At home add 150ml milk and season.

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Technology group .....

### Pasta Salad

100g Pasta shells  
1 Red pepper  
1 Small can tuna  
or 100g cooked ham  
¼ Small cucumber  
1 small tin sweet corn  
3 tbsp. Mayonnaise  
Container with lid



Saucepan  
Colander  
Chopping board  
Vegetable knife  
Mixing bowl  
Tablespoon

1. Half fill saucepan with water, and put on to boil. Add pasta cook for 12 minutes, or until soft. Drain using a colander.
2. Dice pepper and cucumber. Drain tuna and sweet corn. Dice ham.
3. In a mixing bowl mix pasta with mayonnaise, Pepper, cucumber, tuna or ham and sweet corn. Place in serving bowl.

### Muffins: Blueberry or courgette and Cheese

150g Self raising flour  
4 tbs. oil  
100ml milk  
1 egg  
**either:**  
100g blueberries and 25g caster sugar  
**Or** 1 grated Courgette & 75g grated cheese  
6 muffin cases  
Container to take home in with lid



Mixing bowl  
Sieve  
Measuring jug  
Fork  
Tablespoon  
Teaspoon  
Plastic spatula

1. Preheat oven gas 6, 200C
2. Sieve flour into bowl.
3. Beat egg and milk together in a measuring jug.
4. Add oil and egg mixture and blueberries and sugar or grated courgette and cheese to the flour. Mix in quickly. Don't worry if its lumpy!!
5. Divide between 6 cases, cook for 20 minutes.

### Scones

200g Self Raising flour  
25g margarine  
125ml milk  
**For cheese scones-** add 50g grated cheese  
**For fruit scones** –add 50g sultanas & 25g sugar  
Container to take home in with lid

Baking tray  
Mixing bowl  
Table knife  
Measuring jug  
Sieve  
Tablespoon  
Flour dredger

1. Heat oven gas 7, 210C
2. Sieve flour into mixing bowl, dice margarine, add to flour rub in.
3. Add cheese or sultanas + sugar.
4. Make a well add enough milk to get a dough
5. Lightly knead on a floured surface for 30 seconds. Pat out to 2cm thick round. Cut into 8 wedges.
6. Place on baking tray, bake for 15 minutes.



### Rock Cakes

200g self-raising flour  
100g margarine  
75g sugar  
100g sultanas  
1 egg  
Container with lid



Mixing bowl  
Sieve  
Fork  
Tablespoon  
Small bowl  
Table knife  
Baking tray

1. Pre-heat oven to 200c/Gas 6. Grease baking tray.
2. Sieve flour into bowl, rub in margarine.
3. Stir in sugar and sultanas.
4. Beat egg in small bowl with fork.
5. Add a little at a time to rubbed-in mixture to make a stiff mixture. Fork should be able to stand up in it.
6. Place in rocky heaps on baking tray. Makes about 8.
7. Bake for 15-20 minutes.