

# Year 7 Recipes.

## Fairy cakes.

### Ingredients:

100g Butter or Marg  
100g Caster Sugar.  
2 eggs  
1 tsp Vanilla Essence.  
100g S.R. Flour.

50g sultanas, cherries, orange rind and juice, coconut, chopped apricots.

### Method

1. Pre-heat the oven to 170 c / Gas 5 and collect equipment.
2. Cream together the butter and sugar until it is pale and fluffy.
3. Add the eggs and flour and mix.
4. Stir the vanilla essence and any other flavourings you want to use into the mixture and beat well.
5. Put the paper cases in the patte tin and put half a spoonful into each cake case.
6. Bake for 15 – 20 mins until lightly golden brown.
7. Test by checking colour, are they springy to touch and you can stick a knife in the centre and if it comes out clean they are cooked.

8. Remove from oven then place in your tin leave lid off until



to cool and cooled.

## Rice / Pasta Salad.

### Ingredients

100g/4oz Rice or Pasta Shapes  
1 onion  
1 tspn curry powder  
4 tbsps mayonnaise  
Choose a few of the following – 1 onion, 1 apple, Celery, 25g/1oz Raisins, 1 Tomato, Sweetcorn, Peas, Kidney Beans etc

### Method

1. ½ fill a large saucepan with water and bring to the boil
2. When boiling, add the rice or pasta. Boil for about 10 minutes until cooked.
3. Meanwhile, mix the mayonnaise with the curry powder in a mixing bowl.
4. Prepare the other ingredients, eg. Wash, peel, chop to a consistent size.
5. Add to mixing bowl and stir in curry mayonnaise.
6. Once rice or pasta is cooked, drain in a colander and rinse in cold water. Check that all water has drained off.
7. Mix rice or pasta into mixing bowl with the other ingredients. Check mayonnaise has coated all of the ingredients.
8. Wash dishes and tidy up work area.

Have you got a range of colours, flavours and textures in your finished product?



## Fruity Rascals.

### Ingredients:

- 150g/6oz self-raising flour
- 50g/2oz butter/margarine
- 50g/ 2oz Demerara sugar (granulated will do)
- 1/2tsp mixed spice
- 75g/ 3oz dried fruit e.g apricots, blueberries, cranberries, cherries, raisins, sultanas etc.
- 1 egg, beaten
- 2tbsp milk
- 2tbsp chopped nuts or grated coconut (optional)

### Method:

1. Preheat oven to 190°C/375°F/Gas mark 5.
2. Put flour into a large bowl.
3. Rub in the butter/margarine until mixture resembles breadcrumbs.
4. Add sugar, lemon rind, spices and cherries. Mix thoroughly.
5. Use a knife to blend in egg (beaten) and milk to form a soft dough.
6. Divide dough into 6 pieces. Form each into a ball and place on a baking tray.
7. Press down lightly. Brush with milk and sprinkle with nuts.
8. Bake in preheated oven for 15mins until golden.
9. Transfer to a cooling rack.





# Year 7 Recipes.

## Fruit Fusion.

### Ingredients:

- 1 green apple
- 1 red apple
- 2 kiwi fruit
- 20 red grapes
- 2-3 other fruit of your choice.
- 2 small cartons or Half a large carton fruit juice.

Container with tight fitting lid.

### Method:

1. Peel oranges, remove pips and chop into small pieces. Transfer to serving dish.
2. Wash grapes, cherries, peaches etc. and remove stones or pips. Slice large fruit (e.g. Peaches) before transferring to dish.
3. Prepare white fruit e.g. apples, pears and bananas, last. Wash, if skins are to be eaten and ensure all cores are removed before chopping.
4. Finally, add fruit juice and stir the salad carefully.
5. Present for class assessment and clear up.



## Rice / Pasta Salad.

### Ingredients

- 100g/4oz Rice or Pasta Shapes
  - 1 onion
  - 1 tspn curry powder
  - 4 tbsps mayonnaise
- Choose a few of the following – 1 onion, 1 apple, Celery, 25g/1oz Raisins, 1 Tomato, Sweetcorn, Peas, Kidney Beans etc . (Teacher will give you lots of options)

### Method

1.  $\frac{1}{2}$  fill a large saucepan with water and bring to the boil
2. When boiling, add the rice or pasta. Boil for about 10 minutes until cooked.
3. Meanwhile, mix the mayonnaise with the curry powder in a mixing bowl.
4. Prepare the other ingredients, eg. Wash, peel, chop to a consistent size.
5. Add to mixing bowl and stir in curry mayonnaise.
6. Once rice or pasta is cooked, drain in a colander and rinse in cold water. Check that all water has drained off.
7. Mix rice or pasta into mixing bowl with the other ingredients. Check mayonnaise has coated all of the ingredients.
8. Wash dishes and tidy up work area.

Have you got a range of colours, flavours and textures in your finished product?

Does it provide a range of nutrients?



## Savoury Scones.

### Ingredients:

- 200g self-raising flour
  - 50g butter/margarine
  - 125ml milk
- You will also need to add at least one of the following, you can add more than one.**
- 75g cheese, 75g ham, 75g sundried tomatoes, 75g olives, 75g onion, 75g peppers chopped etc etc.

### Method:

1. Preheat oven to 190°C/375°F/ Gas mark 5.
2. Put flour into a large bowl.
3. Rub in the butter/margarine until mixture resembles breadcrumbs.
4. Add other ingredients. Mix thoroughly.
5. Use a knife to blend in milk to form a soft dough.
6. Press out onto a floured surface—2-3 cm deep, use cutters to cut into scones and place on a baking tray.
7. Bake in preheated oven for 15mins until lightly golden brown in colour.
8. Transfer to a cooling rack.



## Fairy cakes.

### Ingredients:

- 100g Butter or Marg
  - 100g Caster Sugar.
  - 2 eggs
  - 1 tsp Vanilla Essence.
  - 100g S.R. Flour.
- 50g sultanas, cherries, orange rind and juice, coconut, chopped apricots.



## Cheese and Ham Twists.

### Ingredients:

200g Puff Pastry  
75g Cheese  
75g Bacon or Ham  
1 Egg

### Method:

1. Preheat oven Gas 7 / 210 OC.
2. Roll out pastry to a rectangle, cut in half.
3. Sprinkle grated cheese and chopped bacon/ ham onto one half.
4. Place other half on top and roll gently to press together.
5. Cut into fingers, glaze with beaten egg.
6. Bake for 15mins until puffed up and golden brown.

**ENJOY**



## Tropical Granola bars

### Ingredients:

150g Porridge Oats  
4 tablespoons Golden Syrup or Honey or Nectar.  
50g Sugar  
100g Margarine  
Add at least 2 of the following – 25g .of each - Dried fruit, glace cherries, desiccated coconut, pumkin seedtropical dried fruit, chopped apricots, sultanas, cranberries—Be imaginative!

Large sheet of foil to cover when cooked.

YOU WILL NEED a - 7"/15cm Sandwich tin

### Method:

1. Switch oven onto 190°C/Gas mark 5.
2. Put the syrup, sugar and margarine into the saucepan and melt over a **low** heat.

### **Do not boil.**

3. Remove the saucepan from the heat and stir in the oats and any extra's, making sure they are all coated.
4. Press the mixture into a greased tin and level out.
5. Bake for 20 minutes until lightly golden brown. The mixture will still be fairly soft at this stage but will harden once cooled.
6. Mark into bars and leave for 5 minutes to harden.
7. Wash dishes and tidy work area.



## Dippy Divers.

### Ingredients:

1 carrot  
 $\frac{1}{2}$  red or yellow pepper  
 $\frac{1}{4}$  cucumber  
4 x 15ml spoons hummus  
1 x 15 ml spoon plain yogurt  
Handful of fresh chives  
Suitable container to take dippy divers home safely

### Method

1. Top and tail the carrot, then peel.
2. Slice the carrot into sticks.
2. Remove the seeds from the pepper, and slice into strips.
4. Cut the cucumber into thick slices.
5. Place the hummus and yogurt together in the small bowl.
6. Snip the chives into the bowl.
7. Stir everything together.
8. Serve the dip, surrounded by the vegetables.

