



Year 7 Recipes

Scones



Method



Preheat the oven to 200 C/GM6.



Mix all the dry ingredients in the mixing bowl.



Add the butter/margarine.



Rub the butter into the flour until breadcrumbs. Add optional ingredients.

Ingredients

225g SR flour
50g margarine
Optional Ingredients
150ml milk



Gradually add the milk until a dough forms.



Turn out onto a floured surface.



Knead the dough until becomes smooth.

Equipment

Mixing bowl
Measuring jug
Round ended knife
Cutter
Baking Tray
Pastry Brush



Pat the dough down until 1.5cm thick.



Cut out the dough using a cutter and then re-form to a dough to cut out more.



Place on a greased and lined tray and glaze with egg wash. Bake for 12-15 mins at 200 C/GM6.

Pizza!

Method



Preheat the oven to 200 C/GM6.



Place the yeast in the mixing bowl.



Add half the warm water.



Add the flour and gradually add the rest of the water.

Basic Recipe

Base

200g Strong Plain flour

1/2 sachet dried yeast

150 ml Warm water

Topping

Tomato Passatta

75g Grated cheese



Mix with your hands to form a dough
Knead the dough on the surface for 10 mins.



Shape the dough and place onto baking tray



top with tomato passatta and cheese

Equipment

Mixing bowl

Measuring jug

Round ended knife

Chopping board

Sharp knife

Grater

Baking tray



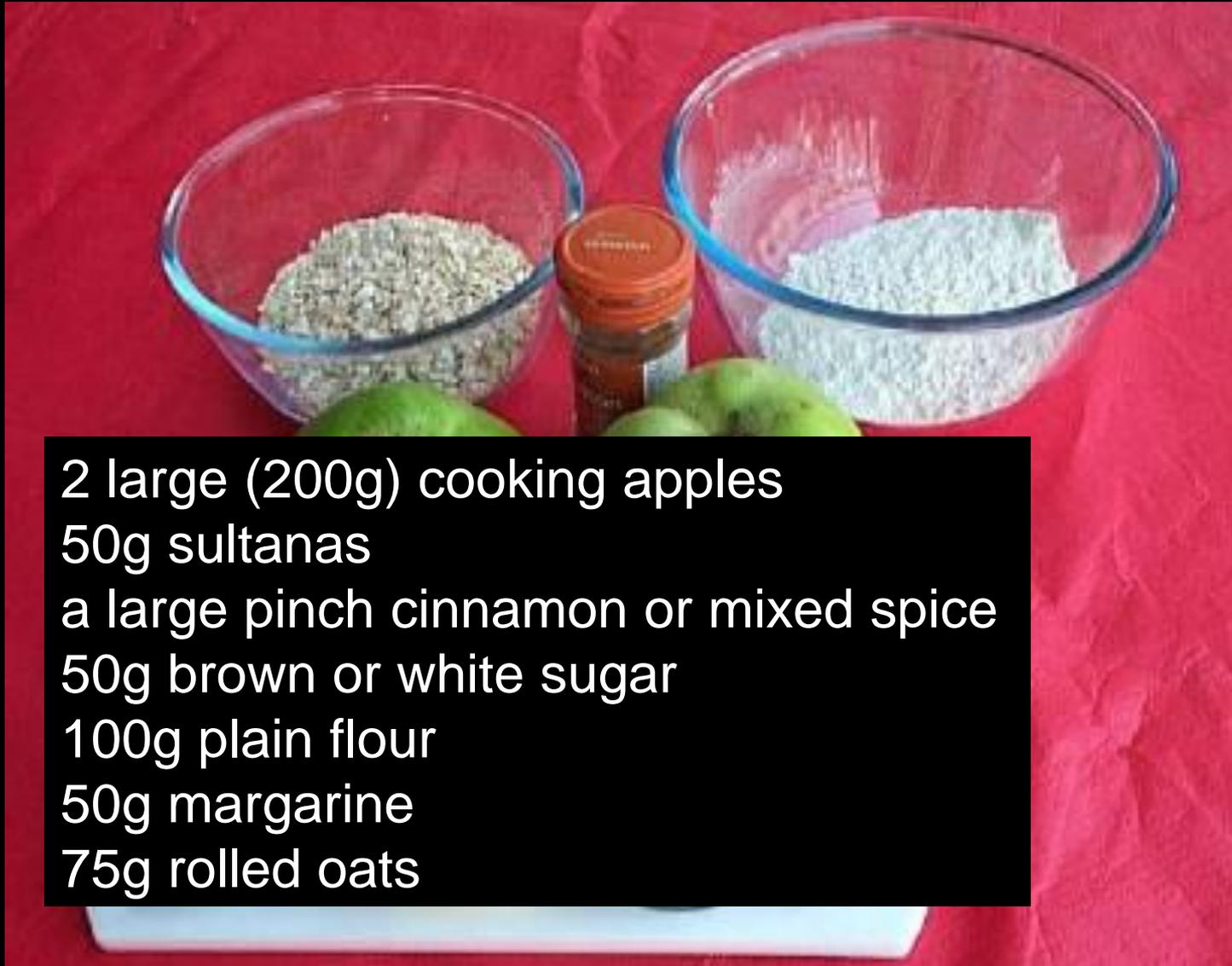
Add other toppings of your choice.



Bake for 20 mins at 200 c/ GM6 or until golden brown



Fruit Crumble Ingredients



2 large (200g) cooking apples
50g sultanas
a large pinch cinnamon or mixed spice
50g brown or white sugar
100g plain flour
50g margarine
75g rolled oats

Method



1. Preheat the oven to 190°C, gas mark 5.



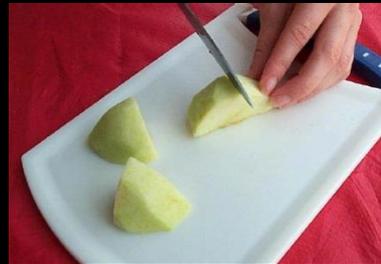
2. Sieve the flour into a bowl



3. Rub in the margarine into the flour until it resembles fine breadcrumbs.



4. Stir in the oats and add 25g of sugar.



5. Peel the apples, remove the cores and chop into large chunks.



6. Place apples, sultanas and cinnamon in the pie dish and cover with 25g of sugar.



7. Spread the crumble mixture over the apples.



8. Bake for 25 – 30 minutes, until the apples are soft and the crumble is golden.

Enchilada Practical



Objectives

- To produce quality product
- To use HOTS

GET ORGANISED!!

1

- Apron
- Hair tied back
- Remove jewellery
- Hot soapy water
- Wipe down surfaces

2

Equipment

- Frying pan
- Chopping board
- Wooden spoon
- Sharp knife
- Grater
- Table spoon
- Oven proof dish

3

Prepare Ingredients

Ingredients :

- 4 flour tortillas/ 2tbsp olive oil/ 2 garlic cloves, sliced/2 tsp chilli powder/1 medium onion, sliced/1 pepper, diced/50g mushrooms, sliced/1 tbsp flour/ Small can of tomatoes/8 baby sweetcorn cobs, /75g cheese, grated

Enchilada Practical



Method:

- Prepare your vegetables
- Put some oil in your pan and add veg to your pan and cook for 5 mins. Add the tomatoes and chilli and garlic.
- Simmer for 15 mins,
- Spoon a fourth of the filling along the centre of each tortilla. (DO NOT OVER FILL EACH TORTILLA, as when you wrap it up the mixture will ooze out of the edges.) Roll the tortillas around the filling and place in an ovenproof dish, seam-side down.
- Sprinkle over excess sauce and the grated cheese.
- COVER IN FOIL. LABEL WITH HEATING INSTRUCTION.

**CLEAN YOUR AREA!!! WASH & DRY EQUIPMENT & SINKS!!
PUT EQUIPMENT AWAY !! CHECK YOUR CUPBOARDS!!**

Method



Put the pasta in a pan and cover with water. Bring it to the boil, and then simmer to cook for about 10 – 12 minutes, until *al dente*.



Meanwhile, peel and dice the onion and cut up the bacon using scissors into the pan. WASH HANDS!! Place the onion into the deep frying pan.



CHECK the pasta is cooked and then drain the boiling hot water away from the pasta into a colander in the sink. Place the pasta into your oven proof dish.



Fry the bacon and onion until it has softened. Add garlic and herbs.



Add the tinned tomatoes and stir well. Leave to boil and then simmer until reduced.



Add the cooked pasta and stir well.



Pour into oven proof dish and finish in the oven later with cheese on!! Enjoy!!

Blueberry and cinnamon muffins



Ingredients

250g self raising flour
2 x 5ml spoon baking powder
1 x 5ml spoon cinnamon powder
100g caster sugar
250ml milk
1 egg
90ml oil
150g blueberries

Equipment

large bowl, measuring fork,
measuring jug, wooden
spoon, muffin cases,
muffin tin, oven gloves and
cooling rack.

Method

1. Preheat the oven to 180 °C or gas mark 4.
2. Sieve the flour, baking powder and cinnamon into a large bowl.
3. Whisk the egg in a small bowl using a fork.
4. Pour the milk, oil and egg into the flour mixture and mix well. Add the sugar to form a smooth batter.
5. Stir in the blueberries.
6. Spoon the mixture into the muffin cases.
7. Bake for 20 – 25 minutes until the muffins have risen and are golden brown.
8. Carefully take the muffins out of the tin and allow to cool on a cooling rack.

