

Food Technology

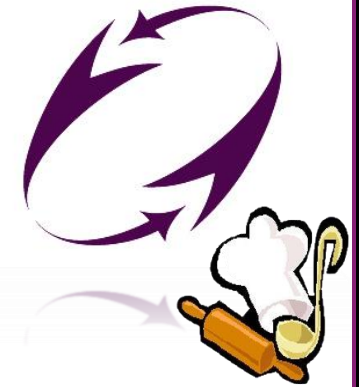
Year 7 Recipes



Recipes include:

- Fruit Fusion
- Fruit Crumble
- Scones
- Frittata
- Chicken Goujons
- Pizza
- Muffins

Fruit Fusion Practical



Remember:

Hygiene

Organisation

Teamwork

Time

Safety

Ingredients:

- 125ml fresh fruit juice
- 1 orange
- 1 apple
- 3 fruits of your choice
one of which can be tinned

Equipment:

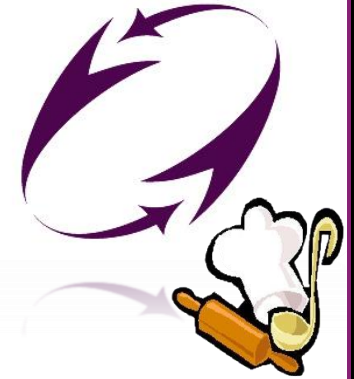
Chopping board
Sharp knife
Colander

Method:

1. Apron on, hair tied back, hands washed
2. Prepare your work area – wipe down surfaces and get equipment out
3. Measure juice and pour into a container
4. Wash all fruit, unless peeling
5. Prepare fruit and place in the container with the juice
6. Clean down – wash up and return equipment



Fruit Crumble

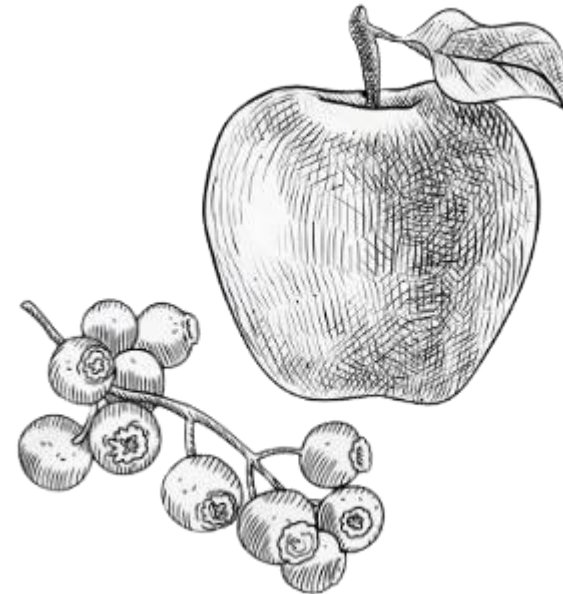


Ingredients:

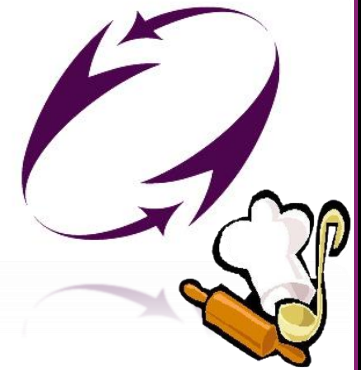
- 2 large cooking apples (200g)
- 50g sultanas
- Pinch of cinnamon
- 50g brown or white sugar
- 100g plain flour
- 50g margarine
- 75g rolled oats

Method:

1. Preheat the oven to 190°C, Gas Mark 5
2. Sieve the flour into a bowl
3. Rub 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 core and chop in to large chunks
6. Place the apples, sultanas and cinnamon in a pie dish
7. Cover with 25g of sugar
8. Spread the crumble mixture over the apples
9. Bake for 25 – 30 minutes, until the apples are soft and the crumble is golden
10. Enjoy!



Scones

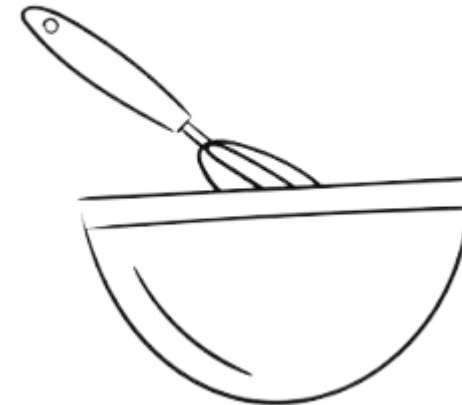


Ingredients:

- 225g self raising flour
- 50g margarine
- Optional ingredients
- 150ml milk

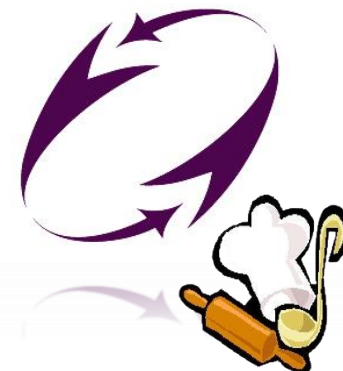
Equipment:

Mixing bowl
Measuring jug
Round-ended knife
Cutter
Baking tray
Pastry brush



1. Preheat the oven to 200°C, Gas Mark 6
2. Mix all of the dry ingredients in a mixing bowl
3. Add the margarine
4. Rub the margarine into the flour until breadcrumbs form
5. Add your optional ingredients
6. Gradually add the milk until a dough is formed
7. Turn out onto a floured surface
8. Knead the dough until it becomes smooth
9. Pat the dough down until it is 1.5cm thick
10. Cut out the dough using a cutter and then re-form to a dough to cut out more
11. Place on a greased and lined tray and glaze with egg wash
12. Bake in the pre-heated oven for 12 – 15 minutes until golden on top and enjoy!

Frittatas



Ingredients:

- 2 spring onions
- 1 pepper
- 1 small tin of sweetcorn
- 75g grated cheese
- 50ml milk
- 3 eggs

Equipment:

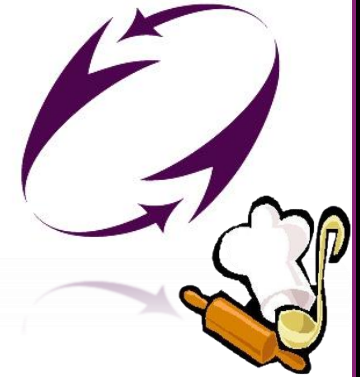
Colander
Chopping board
Sharp knife
Fork
Measuring jug
Mixing bowl
Muffin tray



Method:

1. Preheat the oven to 200°C, Gas Mark 6
2. Fill the muffin tray with the 12 muffin cases
3. Peel and dice the spring onions
4. Wash and dice the pepper
5. Mix the egg and milk in a measuring jug – *always remember to wash your hands after handling eggs!*
6. Mix the pepper and onion with the egg mixture in a mixing bowl
7. Add the sweetcorn and half of the cheese. Pour back into the measuring jug
8. Carefully fill the muffin cases
9. Top with the remainder of the cheese
10. Bake for 15 – 20 minutes
11. Once cooked, allow to cool – *always remember the College's oven policy!*

Pizza



Ingredients:

Base:

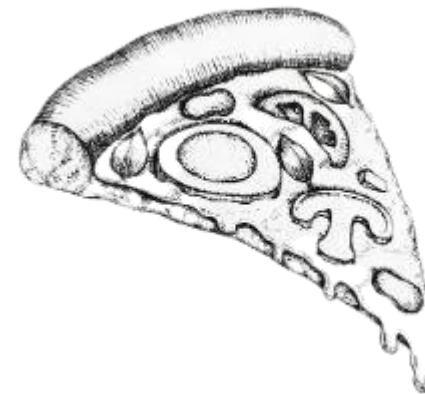
- 200g strong plain flour
- ½ sachet dried yeast
- 150ml warm water

Toppings:

- Tomato passata
- 75g grated cheese

Equipment:

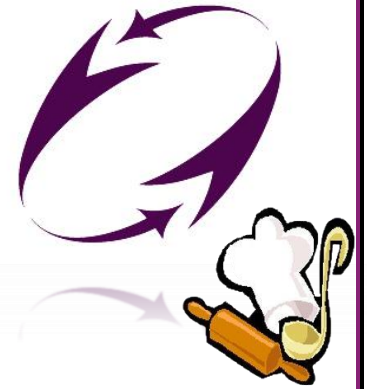
Mixing bowl
Measuring jug
Round-ended knife
Chopping board
Sharp knife
Grater
Baking tray



Method:

1. Pre-heat the oven to 200°C, Gas Mark 6
2. Place the yeast into the mixing bowl
3. Add half of the warm water
4. Add the flour and gradually add the rest of the water
5. Mix with your hands to form a dough and knead on the surface for 10 minutes
6. Shape the dough and place onto a baking tray
7. Top with the tomato passata and cheese
8. Add any other toppings of your choice
9. Bake in the pre-heated oven for 20 minutes until golden brown
10. Enjoy!

Chicken Goujons



Ingredients:

- 2 chicken breast fillets
- 2 eggs
- 50g plain flour
- 5 slices of bread
- Seasoning

Equipment

Fork
Mixing bowl
2 x small bowls
Chopping board
Sharp knife
Food processor
Baking tray

Method:

1. Pre-heat the oven to 200°C, Gas Mark 6
2. Place the flour in to a mixing bowl
3. Beat the eggs in a bowl - *always remember to wash your hands after handling eggs!*
4. Use a food processor to make breadcrumbs – SAFETY POINT – place in a small bowl
5. Slice the chicken breasts into strips and place in the flour – *handling raw meat safety!*
6. Cover the chicken in flour
7. Coat the floured chicken with egg then breadcrumbs and place onto a greased and lined baking tray
8. Place in the oven for 20 to 30 minutes - *always remember the College's oven policy!*
9. Wash up and clean your equipment. Have your equipment checked
10. Take out of the oven and place into your container. Don't put the lid on until cool
11. Wash the tray and clean down the sink and kitchen area
12. Enjoy!

