

QECC TECHNOLOGY

Year 7 Food technology recipes

These are the ingredients that your son/daughter will require over the course of the next 8/9 weeks. The students will be given at least one weeks notice of the recipe required. If there are any problems, please ask your child to come and discuss them with their teacher **AT LEAST 2 DAYS** before the lesson, so that we can try and help. We will be mostly doing the recipes in this order, but changes sometimes have to be made, so beware! Recipes are in metric weights and measures, the guide below may help, but **PLEASE** do not mix the two as they are not compatible.

1oz = 25g

4oz = 100g

125ml = quarter of a pint

250ml = half a pint

tbsp = tablespoon = 15ml

dsp = dessertspoon = 10ml

tsp = teaspoon = 5ml

1. Fresh Fruit Salad

500ml unsweetened fruit juice

½ lemon or 1 tbsp jif lemon

2 litre size polythene tub + lid

Choose up to 6 fresh fruits (no tins) according to season.

Apple, pear, orange, kiwi, peach nectarine plum, satsumas, grapes, cherries, strawberries, 1 slice melon, pineapple.

Choose fruits that will provide a variety of flavours and textures.

Please do not bring a banana, this is best added just before serving

2. Soup

1 medium potato

1 large carrot

½ onion or 1 leek

50gm frozen peas or green beans

1 stock cube

flask/container with lid approx 1 litre in size

1 small courgette } Optional

1 small can tomatoes } Optional

1 stick celery } Optional

3. Scones

200gms SR flour

50gms margarine

1 egg + 3 tbsps milk OR 125ml milk

choose either: 50gm sugar

or 50gms sugar and 50gms currants

or 75gms grated cheese

Container in which to take the scones home.

4. Pizza Base

125gms Strong flour

1tsp easy blend yeast/fast acting yeast

Container in which to take the pizza home.

} If preferred, these may be purchased from us on this occasion for 30p.

Topping - Choose from:

1 tbsp tomato puree

1 small can tomatoes

Choose 4 from:

- 75gm grated cheese eg cheddar/red Leicester/mozzerella/blue cheese.
- 2 tbsps tuna/sardines /anchovies
- 2tbsp sweetcorn
- 2 rashers bacon/2 slices ham
- 2 cooked sausages/piece pepperoni
- 25-50gm mushrooms
- 50gms salami/pepperoni

- ½ pepper ½ onion
- 2tbsp pineapple chunks
- Olives
- Choose up to 4 from:

5. Fruit Crumble

700gm fruit

100g - 150g sugar

Topping

175gm flour

75gm Butter

50gm sugar

An ovenproof dish in which to bake your crumble.

6. Small Cakes

50 gm caster sugar

50gm soft margarine

50gm self raising flour

1 egg

6 paper cakes cases

25/50gm dried fruit/chocolate chips (optional)

Container in which to take cakes home.

Homework tasks

These tasks reinforce your class learning. They must be completed neatly, legibly, and to the highest standard you can achieve. The work must be handed in on time. All of the homework tasks will contribute towards your national curriculum level.

- Lesson 1:
- Lesson 2
- Lesson 3:
- Lesson 4:
- Lesson 5:
- Lesson 6:
- Lesson 7: