

Year 7 Recipe Booklet



Fruit Salad

Ingredients

Selection of fruit (five maximum of your choice)

1 small carton of fruit juice or juice from can of fruit



Flapjacks

Ingredients

100g margarine

25g Caster Sugar

2 tablespoons golden syrup

200g Rolled oats

Method

1. Preheat oven to 180C (350F), Gas Mark 4.
2. Grease and line the tin with greaseproof paper
3. melt the butter, syrup and sugar in a saucepan. ...
4. Turn the heat off and stir in the porridge oats. ...
5. Transfer flapjack mixture to the greased baking tin. ...
6. Place in the centre of the preheated oven for 20 to 25 minutes or until the edges start to turn brown. ...



Carbohydrate Salad

Ingredients

100g pasta or long grained rice
1 tbsps vinegar
2 tbsps veg oil

Choose 3 or 4 from the list below:

1 small onion (preferably red)
2 tbsps sweetcorn
2 tomatoes
50g mushrooms
50g cucumber
½ green/red pepper
2 sticks celery

Method

1. Part fill saucepan with water
2. Heat on a high heat until water is boiling
3. Add pasta or rice, stir and reduce heat to simmer. Cook until al dente
4. Prepare and chop the vegetables
5. In a small bowl, mix the oil, vinegar and salt and pepper to make a dressing
6. Drain pasta or rice
7. Place pasta/rice, vegetables and dressing into a serving dish and mix thoroughly.
8. Wash all equipment thoroughly and clean and tidy work area



Bread Rolls

Ingredients

200g strong plain flour

½ tsp salt

½ sachet yeast

25g margarine

125ml milk or water

Method

1. Set oven to 220C
2. Sieve flour into bowl and add salt and yeast
3. Rub in margarine using fingertips
4. Heat milk or water for 30 secs in the microwave. Add a little bit at a time to mixture
5. Using knife, mix to form a soft, not sticky dough
6. Knead dough on lightly floured surface for ten minutes until smooth
7. Shape into rolls onto floured tray. Leave to rise for 15 mins in a warm place
8. Bake for eight to ten minutes until pale golden colour



Soup

Ingredients

1 onion
400g of any vegetables
2 tbsps oil
500ml liquid (tinned tomatoes/2
stock cubes and water)
50g cooked bacon/ham or chicken
herbs/chilli flakes

Method

1. Peel and chop vegetables
2. Heat oil in a large saucepan
3. Add vegetables and stir for 5 minutes
4. Make stock by crumbling stock cubes into 500ml of boiling water
5. Add stock to saucepan and bring to boil
6. Lower the heat and cook for 20 minutes (until veg soft)
7. Blend soup until smooth and add salt and pepper if needed
8. Clear away and wash up the dirty dishes



Leek and Cheese muffins

Ingredients:

175g Plain flour

1 tsp Baking powder

¼ tsp Bicarbonate of soda

½ tsp Allspice

50ml Milk

1 Egg, beaten with a fork

100ml Vegetable oil

1 Leek, finely chopped

75g Cheddar cheese, finely grated

Method:

1. Pre-heat the oven to 180 degrees
2. Line a muffin tin with 9 muffin cases
3. Combine the flour, baking powder, bicarbonate of soda and allspice into a mixing bowl
4. Once combined gently stir in the milk, beaten egg and oil
5. Now add the finely chopped leek and cheese to your mixture
6. Evenly spoon the mixture into each of the 9 muffin cases
7. Bake in the oven for 25mins (or until slightly golden on top)



Baked Chicken Goujons

Ingredients:

125g breadcrumbs

4 Boneless & skinless chicken breasts

50g Plain flour

3 Eggs

2 tbsp Vegetable oil

Salt & pepper (to taste)



Method:

1. Preheat the oven to 190 degrees
2. Oil a baking tray using your vegetable oil
3. Using a red chopping board slice your chicken breast into strips
4. Place your flour, breadcrumbs & beaten egg into a separate bowls
5. Dip your chicken strips (one at a time) first into the flour, then the beaten egg and finally into the breadcrumbs
6. Shake off any excess coating then add each chicken strip to the oiled baking tray
7. Drizzle more oil all over the goujons whilst on the tray
8. Bake in the oven for 30-35mins, turning over once halfway through.
9. Remove from the oven once completely cooked through and golden brown all over

Crudites

Ingredients:

(Avocado Hummus)

- 1 Avocado (Peeled & stoned)
- 200g Chickpeas
- 1 Garlic clove
- 1 Lime
- Herbs & spices (to taste)
- Salt & pepper (to taste)

Crudites options:

- 2 Carrots
- 2 Peppers (mixed colours)
- Sugar snap peas
- ½ Cucumber
- 2 sticks of celery
- (or any vegetables of your choice)

Method:

1. Peel & stone your avocado and place into a sandwich bag
2. Crush & finely chop your garlic clove & add to the bag with the avocado
3. Open and drain your chickpeas & add them to the bag
4. Juice your lime and then add the juice to the bag
5. Season with salt/pepper & any other herbs & spices of your choice
6. Seal the bag and squash all the ingredients together with your hands (be careful not to pop the bag!)
7. Empty hummus into a bowl
8. Prepare your vegetables by peeling (where necessary) and slicing them into batons (thick matchsticks)
9. Serve on a plate with your avocado hummus

