

St. Edmunds Catholic School Recipe Sheet

RECIPE BOOK

YEAR 7



HEALTHY EATING RECIPE BOOKLET

Name:

Tutor group:

PIZZA TOAST

Focus: knife skills, grating and use of the grill

Ingredients

½ yellow pepper

1 spring onion

1 mushroom

30g hard cheese, e.g. Cheddar, Edam, Gruyere

2 slices bread (or a bagel or a piece of French stick sliced in half)

2 x 15ml spoons tomato pizza sauce or tomato puree

½ x 5ml spoon mixed herbs

Method

1. Preheat the grill.
2. Slice the pepper, spring onion and mushroom.
3. Grate the cheese.
4. Place the bread under the grill and toast one side.
5. Remove the bread from the grill and place on the chopping board uncooked side-up.
6. Spread the tomato sauce over the bread using the back of the spoon.
7. Arrange the pepper, mushroom and onion over the slices.
8. Sprinkle the cheese and mixed herbs over the bread.
9. Place under the grill until the cheese bubbles.

SCONES

Focus: correct handling and shaping of dough.

Ingredients

225g Self-raising flour
2 level teaspoon baking powder
40g margarine
125ml milk
50g caster sugar
(only for sweet scones)

SUGGESTED FLAVOURINGS

50g dried fruit
50g chopped cherries
75g chopped fresh fruit
50g grated cheese
50g chopped ham.

Method

1. Oven Gas 7, 210° C.
2. Sieve flour and baking powder together in a bowl.
3. Rub in margarine using fingertips.
4. Stir in sugar and flavouring (if using)
5. Pour $\frac{3}{4}$ of milk into flour. Mix with round bladed knife until a soft dough is formed.
6. Place on a floured surface and knead lightly.
7. Press into oblong 2cm thick.
8. Cut 8-10 rounds using pastry cutter.
9. Place onto baking tray, brush with milk mixture.
10. Place in oven for 10-12 mins until well risen and pale golden brown.

SCONE BASED PIZZA

Focus: preparing vegetables and topping and reinforcing rubbing in method.

Ingredients

225g Self-raising flour
2 level teaspoon baking powder
40g margarine
125ml milk

A plastic container or tin to take pizza home in.

Toppings (suggestions)

2 tblsp tomato puree
100g cheese
2 tomatoes
1 small onion or 4 spring onions
1 small pepper
Mushrooms.
100g cooked chicken or tuna

Method

1. Oven Gas 6, 200° C.
2. Sieve flour and baking powder together in a bowl.
3. Rub in margarine using fingertips.
4. Pour $\frac{3}{4}$ of milk into flour.
5. Mix with round bladed knife until soft dough is formed, add more milk if necessary.
6. Place on a floured surface and knead lightly.
7. Press into a large circle or rectangle or different shapes.
8. Place on a baking tray.
9. Spread base with tomato puree, and then add other vegetable toppings finishing off with grated cheese.
10. Place in oven for 12-20 mins the cheese is melted and the scone base is golden brown.

PASTA SALAD

Focus: Use of the hob, slicing, dicing

Ingredients

150g Pasta (shells, twists, bow etc.)
1 stick celery
1 carrot
Small piece cucumber
½ pepper
3 Spring onions
2-3 tablespoons mayonnaise

Method

1. Half fill a saucepan with water and a pinch of salt.
2. Bring to the boil with the lid on.
3. When boiling add pasta and bring back to the boil (without the lid on).
4. Simmer gently for about 10 minutes or until pasta is cooked.
5. Wash and dice pepper, grapes, slice celery and spring onions and add to a large bowl.
6. Peel and grate carrot and add to bowl.
7. Drain the pasta carefully in a colander, and then place in a mixing bowl.
8. Mix all ingredients together and add enough mayonnaise to bind all ingredients together.