

Fulford School

Year 7 Recipe Book

Name _____ Teacher _____

Form _____ Group _____

Recipes

Cous Cous Salad	- Knife safety, chopping skills
Pizza Toast	- Safe use of grill, Eatwell Guide
Flapjack	- Starchy Carbohydrates
Quesadilla	- Use of hob, Dairy & alternatives
Chicken/halloumi goujons	- Protein, safe meat preparation
Blueberry Muffins	- Food Miles
Fruit crumble	- Seasonal foods , rubbing in, oven safety
Samosa	- Healthy Eating Guidelines
Anzac Biscuits	- Raising agents, food history

Recipe: Cous Cous Salad

Scan QR
code for
video demo



Ingredient:

- 100g dried couscous
- 1 vegetable stock
- Boiling water
- 1 tomatoes, finely chopped
- 3cm of cucumber, finely chopped
- 2 spring onions, chopped
- 1/4 can sweetcorn, drained
- 1 tablespoon fresh mint, chopped
- 1/2 tablespoon lemon juice
- 1/2 tablespoon olive oil

Equipment:

Container, kettle, measuring jug, measuring spoons, weighing scales, large bowl, fork, chopping board, sharp knife, can opener, scissors, mixing spoon.

Method:

1. Place the cous cous in a large bowl, crumble the stock cube on top.
2. Add boiling water from the kettle to the bowl until 1/2cm above the surface of the cous cous.
3. Stir and allow to stand whilst you prepare other ingredients.
4. Chop the tomato and cucumber into small chunks.
5. Clean the spring onion, remove root and dried tips, finely slice. Finely chop mint.
6. Stir everything together.
7. Add the lemon juice and olive oil, pepper (no salt as stock cube salty enough).

Grade 1	Grade 2	Grade 3
<ul style="list-style-type: none">• Some accurately when preparing and assembled ingredients. Limited knife skills evident.• Some Independent and safe working but reminders needed.• Most aspect completed on time.	<ul style="list-style-type: none">• Fairly accurately prepared and assembled ingredients. Bridge and claw techniques evident.• Generally Independent and safe working.• Followed the timings closely.	<ul style="list-style-type: none">• Accurately prepared ingredients. Excellent knife skills evident and well organised chopping board.• Independent and safe working to complete ahead of time.• Adapted the recipe.

Recipe: Pizza Toast

Scan QR
code for
video demo



Ingredient:

- ½ yellow pepper
- 1 spring onion
- 1 mushroom
- 30g cheese, e.g. Cheddar, Edam, Gruyere, mozzarella
- 2 slices bread (or a bagel or a piece of French stick sliced in half)
- 2 x 15ml spoons tomato pizza sauce (or passata/ 1tbsp. Tomato puree mixed with 1tbsp. Of water)
- ½ tsp mixed herbs

Equipment:

- Container,
- chopping board,
- knife
- Grater
- fish slice
- measuring spoons
- spoon.

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. Add the cheese, place under the grill until the cheese bubbles.

Grade 1	Grade 2	Grade 3
<ul style="list-style-type: none">• Some accurately when preparing and assembled ingredients. Limited knife skills evident.• Some Independent and safe working but reminders needed. Bread over or under cooked.• Most aspect completed on time.	<ul style="list-style-type: none">• Fairy accurately prepared and assembled ingredients. Bridge and claw techniques evident.• Generally Independent and safe working. Bread toasted correctly.• Followed the timings closely.	<ul style="list-style-type: none">• Accurately prepared ingredients. Excellent knife skills evident and well organised chopping board.• Independent and safe working to complete ahead of time. Bread toasted correctly.• Adapted the recipe with bread choice and sauce.

Recipe: Flapjack

Scan QR
code for
video demo



Ingredient:

Optional – 100g dried apricots/dried fruit

250g Oats

100g Sugar

100g Butter or margarine

90ml (6tbsp) Golden syrup

Equipment:

Container,

Baking tin to cook your flapjack
approx 25cm x 25cm square

Sauce pan

Wooden spoon

Method:

1. Preheat oven to 180oC / gas mark 4.
2. Grease and line your baking tin.
3. Place the butter/margarine, golden syrup and sugar into a saucepan.
4. Gently heat until the butter or margarine has melted.
5. Turn off the hob and remove from the heat.
6. Stir in the oats and dried fruit if using. Ensure the oats and fruit are coated as evenly as possible.
7. Pour the mixture into the lined tin.
8. Smooth the surface with a metal spoon.
9. Bake for 15-20 minutes until lightly browned.
10. Remove from the oven using oven gloves, place on a wooden pan stand.
11. Allow to cool and then cut into bars in the baking tin.
12. Allow to cool and put in your container, take to your teacher for a photo/grading.
13. Wash, dry up and tidy your equipment and work area. Leave your area clean and tidy

Grade 1	Grade 2	Grade 3
<ul style="list-style-type: none">• Some accurately when preparing and assembled ingredients. Some problems using the hobs.• Some Independent and safe working but reminders needed.• Most aspect completed on time.	<ul style="list-style-type: none">• Fairy accurately prepared and assembled ingredients. Good use of the hob.• Generally Independent and safe working.• Followed the timings closely.	<ul style="list-style-type: none">• Accurately prepared ingredients. Well organised work area.• Independent and safe working to complete ahead of time.• Adapted the recipe.

Recipe: Quesadilla

Scan QR
code for
video demo



Ingredient:

2 spring onions
1/2 red chilli
1/2 red pepper
Small bunch fresh coriander
(optional)
2 tortillas/wraps
75g cheese (cheddar/red Leicester)

Equipment:

Container,

green chopping board
Knife
Grater
Large bowl
Frying pan
Fish slice

Method:

1. On a green chopping board finely slice the spring onions, deseed and finely chop the chilli, deseed and chop the pepper, chop coriander, put your vegetables into a glass bowl and mix.
2. Grate cheese in to a glass bowl.
3. Lay a tortilla out flat, sprinkle a quarter of the vegetables mix and cheese evenly over 1/2 of the tortillas and fold in half.
4. Place the pan on a medium heat and place the folded quesadillas in the pan and cook one side.
5. Use a fish slice to flip the quesadilla over and cook the other side.
6. Place on a plate or your container and repeat with the remaining tortillas.
7. Wash & dry up, clear away your equipment, make sure your work station is clean & tidy

Grade 1	Grade 2	Grade 3
<ul style="list-style-type: none">• Some accurately when preparing and assembled ingredients. Limited knife skills evident.• Some Independent and safe working but reminders needed.• Most aspect completed on time.	<ul style="list-style-type: none">• Fairly accurately prepared and assembled ingredients. Bridge and claw techniques evident. A consistently sized batch of quesadillas produced.• Generally Independent and safe working.• Followed the timings closely.	<ul style="list-style-type: none">• Accurately prepared ingredients. Excellent knife skills evident and well organised chopping board.• Independent and safe working to complete ahead of time. Consistent batch of Quasiddilas.• Adapted the recipe.

Recipe: Chicken/Halloumi Goujons

Scan QR
code for
video demo



Ingredient:

100g breadcrumbs
2 boneless & skinless chicken breasts or
250g halloumi cheese
20g plain flour
1 medium free-range egg
1 tbsp., vegetable oil

School: A quarter of a tsp of cayenne
pepper, salt & pepper to taste (from
school)

Equipment:

Container,

Red chopping board
Chefs knife
3 bowls
Fork
Tablespoon
baking tray

Method:

1. Preheat the oven 200/gas 6, oil a baking tray with vegetable oil.
2. Mix the breadcrumbs, cayenne pepper in a glass bowl, season to taste with salt and peper.
3. Put the flour in another bowl.
4. In another bowl beat the egg with a fork .
5. On a red chopping board, cut the chicken into slices.
6. Dip the slices of chicken into the plain flour, then the beaten egg, then the breadcrumbs.
7. Shake off the excess and lay the chicken onto the oiled tray.
8. Drizzle the goujons with vegetable oil.
9. Bake in the oven for 20-25 minutes turning the over once.
10. Using oven gloves, remove from the oven when cooked **through and golden brown all over.**

Grade 1	Grade 2	Grade 3
<ul style="list-style-type: none">• Some accurately when preparing and assembled ingredients. limited consistency within batch thickness and size.• Some Independent and safe working but reminders needed.• Most aspect completed on time.	<ul style="list-style-type: none">• Fairy accurately prepared and assembled ingredients to make a fairly consistent batch with good coverage of crumb.• Generally Independent and safe working.• Followed the timings closely.	<ul style="list-style-type: none">• Accurately prepared ingredients used to make a consistently sized batch of Goujons.• Independent and safe working.• Adapted the recipe. Own bread crumbs created at home.

Ingredient:

115g Self Raising flour
40g Caster sugar
45mls Sunflower/Vegetable oil
1Egg
60mls Milk
125g Blueberries
9 Muffin cases

Equipment:

Container,
Large mixing bowl
Sieve
Measuring jug
Wooden Spoon
Muffin/bun tray

Method:

1. Preheat the oven to 200°C/Gas 6. Place muffin cases into your muffin/bun tray.
2. Sift the flour into a large bowl, add sugar and stir to combine.
3. Add the blueberries to the flour mix, using a fork lightly toss the fruit through the floour
4. In a measuring jug, lightly whisk together the vegetable oil, egg and milk.
5. Add the wet (liquid) ingredients to the dry and stir until just combined. (do not overmix or your muffins won't be light in texture)
6. Spoon the batter into the bun cases, divide it evenly so you muffins will cook at the same time.
7. Clean off any spilt mixture on the tins.
8. Bake for 15-20 minutes until risen, golden and spring back to the touch.
9. Place on a cooling rack, clean your bun tray.

Grade 1	Grade 2	Grade 3
<ul style="list-style-type: none">• Some accurately when preparing and assembled ingredients. limited consistency within batch size and shape.• Some Independent and safe working but reminders needed.• Most aspect completed on time.	<ul style="list-style-type: none">• Fairy accurately prepared and assembled ingredients to make a fairly consistent sized batch of muffins. Good portioning evident.• Generally Independent and safe working.• Followed the timings closely.	<ul style="list-style-type: none">• Accurately prepared ingredients used to make a consistently sized batch of muffins.• Independent and safe working.• Adapted the recipe.

Recipe: Fruit Crumble

Scan QR
code for
video demo



Ingredient:

- 100g plain flour
- 50g butter or baking fat/block marg
- 50g oats
- 25g sugar
- 2 eating apples
- 50g sultanas

Equipment:

- Container,
- Weighing scales
- Mixing bowl
- Wooden spoon
- Chopping board
- Knife
- Ovenproof dish or foil tray
- Baking tray.

Method:

1. Preheat oven to 190°C or gas mark 5.
2. Rub the fat into the flour until it resembles breadcrumbs.
3. Stir in the oats and sugar.
4. Cut the apples into quarters and remove the core. Slice thinly.
5. Arrange the apple slices in an oven proof/foil tray dish on a baking tray, and then add the sultanas.
6. Sprinkle the crumble topping over the apple slices. Bake for 25 – 30 minutes, until the apples are soft and the crumble is golden

Grade 1	Grade 2	Grade 3
<ul style="list-style-type: none">• Some accurately when preparing and assembled ingredients. limited evidence of knife skills.• Some Independent and safe working but reminders needed.• Most aspect completed on time.	<ul style="list-style-type: none">• Fairy accurately prepared and assembled ingredients with apple cut to equal sized pieces. Good rubbing in evident.• Generally Independent and safe working.• Followed the timings closely.	<ul style="list-style-type: none">• Accurately prepared ingredients used to create consistently sized and thickness of apple which is uniformly assembled.• Independent and safe working.• Adapted the recipe.

Recipe: Samosas

Scan QR
code for
video demo



Ingredient:

- 1 **cooked** large potato – diced and boiled or a tin of potatoes
- 50g frozen peas
- 2 spring onions
- 1 dessert spoon oil
- ½ red chilli
- 1 pack filo pastry
- 50g butter
- School:** 1 teaspoon turmeric/curry powder

Equipment:

Container

- Green chopping board
- vegetable knife
- Pastry brush
- Sauce pan
- Large bowl
- Table spoon
- Tea spoon

Method:

1. Heat oven to 180'C, Gas Mark 4.
2. Cut the potato into small dice, finely slice the spring onion.
3. Finely chop the chilli and coriander if using.
4. In a bowl combine the potato, spring onion, peas, chilli and coriander, stir in curry powder , salt and pepper.
5. Melt butter in a pan. Lay a sheet of filo on the table and brush with melted butter. Lay another sheet of filo and top and brush with melted butter.
6. Cut the filo into 2 strips lengthways.
7. Place 1 dessert spoon of filling in the left hand corner, fold over into a triangle and keep folding to a neat parcel.
8. Brush the top with melted butter and repeat until filling is used up.
9. Bake for 15 minutes until golden brown and pastry is crisp.

Grade 1	Grade 2	Grade 3
<ul style="list-style-type: none">• Some accurately when preparing and assembled ingredients. limited consistency within batch size and shape.• Some Independent and safe working but reminders needed.• Most aspect completed on time.	<ul style="list-style-type: none">• Fairly accurately prepared and assembled ingredients to make a fairly consistent batch of roughly the same size and shape.• Generally Independent and safe working.• Followed the timings closely.	<ul style="list-style-type: none">• Accurately prepared ingredients to make a consistent batch of Samosa with even colour.• Independent and safe working.• Adapted the recipe.

Recipe: Anzac Biscuits

Scan QR
code for
video demo



Ingredient:

- 100g plain white flour
- 25g rolled oats
- 30g caster sugar
- 25g desiccated coconut
- 20ml spoon golden syrup
- 50g butter or soft baking spread
- ½ x 5ml spoon bicarbonate soda
- 10ml spoon boiling hot water (kettle)

Equipment:

Container,

- | | |
|---------------|---------------|
| Kettle | Small bowl |
| Baking tray | Flour dredger |
| Sieve | Fork |
| Mixing bowl | Oven gloves |
| Saucepan | Cooling rack |
| wooden spoon, | |

Method:

1. Preheat the oven to 160°C or gas mark 4.
2. Grease or line the baking tray.
3. Sift the flour into the mixing bowl. Mix in the coconut, oats, and sugar.
4. Melt the golden syrup and fat together on a low heat in a small saucepan.
5. Mix the bicarbonate of soda with the boiling hot water and add to melted syrup and fat immediately.
6. Add the wet mixture to the dry ingredients.
7. Mix thoroughly until combined.
8. Divide the mixture evenly into 8 portions using the 15ml spoon.
9. Use lightly floured hands to shape the biscuits into round balls and place onto the prepared baking tray.
10. Slightly flatten the biscuits with a lightly floured fork.
11. Bake for 15-20 minutes, until golden brown.
12. Cool on the baking tray for a few minutes, to allow the biscuits to firm, before transferring them to a cooling rack.

Grade 1	Grade 2	Grade 3
<ul style="list-style-type: none">• Some accurately when preparing and assembled ingredients. limited consistency within batch.• Some Independent and safe working but reminders needed.• Most aspect completed on time.	<ul style="list-style-type: none">• Fairy accurately prepared and assembled ingredients to make a fairly consistent sized batch of biscuits.• Generally Independent and safe working.• Followed the timings closely.	<ul style="list-style-type: none">• Accurately prepared ingredients used to make a consistently sized batch of biscuits. Portioning evident.• Independent and safe working.• Adapted the recipe.