

Year 7

Name:

Form:

Technology group:

The

St Peter's School

COOK

BOOK

Key words and meanings

- mise en place—routine of washing hands, hair tied up, work surface washed, equipment and ingredients prepared.

- Bridge hold— hold the item of food with your thumb one side and fingers the other and cut through the middle of the food



- Claw grip— Make a claw with your fingertips curled, holding the piece of food and cut with a gap in front of your fingers



- Palette knife— round edged knife



- Flour dredger— flour shaker to sprinkle flour onto the work surface



- Colander— bowl shaped with holes to drain liquid from food e.g draining pasta



- Consistency— The thickness of a liquid

- Garnish—Something to decorate a dish e.g herbs

Intro

To Year 7,

The recipes in this book are a starting point to give you ideas. Please feel free to practice these recipes at home and to adapt them to your own personal taste.

1. Remember to ask your parents/carer when you need ingredients and to give them plenty of notice.
2. Remember to bring a tea towel and Container to practical lessons.
3. Choose healthy ingredients that are low in fat, sugar and salt and include plenty of fruit and vegetables.
4. Let your teacher know if there are any issues with getting ingredients.
5. Be creative and enjoy cooking! Try something new and exciting!

There is a table on the back to note down the recipes you have tried at home

Fresh Fruit Salad

Prep time
20 minutes

Cook time
No cooking
required

Equipment
Chopping board
Knife
Container
Measuring jug

Ingredients

250ml

Pure Fruit Juice (not diluted
fruit squash) Orange is best

1

fruit with a stone e.g plum,
peach, nectarine or apricot

1

Apple (not granny smith or
golden delicious)

1

Easy peel orange

1 small bunch

Grapes

1 or 2

Other fresh fruit of your own
choice



Date ingredients needed:

Remember to bring a liquid tight container.

Here's how

- 1 Complete mise en place routine (washing hands, hair tied up, work surface washed, equipment and ingredients prepared).
- 2 Wash and peel (if necessary) fruit, you do not need to peel the apple.
- 3 Use the bridge and claw grip to safely cut the fruit into equal bite sized portions.
- 4 Pour the orange juice into a bowl/container and combine the pieces of fruit. Ensure all of the pieces of fruit are covered in the juice to keep them fresh.

Helpful notes

- You can try different types of fruit juice such as apple or lemon.
- Use the criss-cross cutting method to cut the apple making it likely to brown slower and for less mess with the core



Have you
tried a fruit
jenga or
kebab?

Savoury and sweet Scones

Prep time
20 minutes

Cook time
20 minutes

Equipment
Mixing bowl
Rolling pin
Palette knife
Flour dredger
Pastry cutter
Cooling rack
Measuring jug

Ingredients

250g
Self raising flour

50g
Sugar

50g
Margarine

50g
Dried fruit or cheese

125ml
Skimmed milk

Additional options for choice of topping e.g fresh fruit, cheese, dried apricots and cream, jam or honey.



Date ingredients needed:

Here's how

- 1 Complete mise en place routine (washing hands, hair tied up, work surface washed, equipment and ingredients prepared).
- 2 Preheat the oven to Fan 180 degrees/ gas mark 4.
- 3 Put flour into a bowl and using your fingertips rub in the margarine and sugar. Add dried fruit or cheese.
- 4 Mix in the milk quickly using the palette knife. Bring the mixture together and place onto a floured surface.
- 5 Roll out the mixture to 2cm thick and use the pastry cut-
- 6 Place onto a piece of baking parchment and bake in the oven for 10 minutes until they are well risen and gold-

Helpful notes

- Be creative! Modernise the traditional scone recipe through different ingredients such as raspberry and white chocolate chip.



Have you tried cheese and tomato scones? Or triangular shaped scones?

Fruit Crumble

Prep time
10 minutes

Cook time
30 minutes

Equipment
Mixing bowl
Saucepan
Knife and chopping board (if fruit requires)
Colander (if fruit is boiled)

Ingredients

50g
Butter or hard margarine

100g
Plain flour

50g

Oats

25g
Sugar

50g sultanas and eating apples
(or 250g of fruit of your choice
as long as it can be baked e.g
orange is not a good option)

Please bring in a foil container to cook the crumble in



Date ingredients needed:

Here's how (apple and sultana)

- 1 Complete mise en place routine (washing hands, hair tied up, work surface washed, equipment and ingredients prepared).
- 2 Preheat oven to Fan oven 200 degrees C/ gas mark 6
- 3 Remove the core from the apple using criss cross cutting technique. Then cut the apple into bite size chunks using a chopping board and knife.
- 4 In a saucepan boil the apple chunks in water, taking them off the heat once softened.
- 5 Drain the apple, add it back into the saucepan along with the sultanas and mash the apple down to form a lumpy paste. (or if preferred leave as chunks).
- 6 Arrange the apple and sultana in to the bottom of the baking dish and clean up from preparing the fruit.
- 7 For the crumble, add the flour into a bowl and rub in the margarine using your fingertips it should look like bread-crumbs. Stir in the sugar and sprinkle on top of the fruit.
- 8 Bake for 25-30mins until the crumble is golden brown.



Have you tried baking a crumble in apple? Or making a peach crumble?

Leek and potato soup

Prep time

10 minutes

Cook time

30 minutes on
the hob

Equipment

Chopping board

Knife

Hand blender

Saucepan

Ingredients

600ml

Boiling water (enough to cover
the leek and potatoes)

For garnish 1 handful or
sprinkle of:

Pumpkin seeds/herbs

1

Large leek

1

Large potato

2

Vegetable stock cubes

1 pinch

Black pepper



Date ingredients needed:

Remember to bring a liquid tight container.

Here's how

- 1 Complete mise en place routine (washing hands, hair tied up, work surface washed, equipment and ingredients prepared).
- 2 Wash and peel potatoes and leek. Cut both the leek and potatoes into small bite size pieces.
- 3 Boil the 650ml of water, once boiled pour into a measuring jug and add vegetable stock cubes. Stir the stock cube until it has dissolved.
- 4 Add the potatoes, leek and the water with stock to the saucepan. Boil this on a high heat on the hob until the potatoes have softened. (approx. 20 mins)
- 5 Using a hand blender blend the potatoes and leek until the soup has a smooth consistency.
- 6 To garnish add a handful of pumpkin seeds or herbs into the middle.

Helpful notes

- To make your soup look really professional add a swirl of yoghurt or olive oil to the middle.
- Crumble the stock cube first before adding it to the water to dissolve quicker.



Have you tried serving your soup in a crusty roll? Or making your own croutons?

Couscous salad

Prep time
20 minutes

Cook time
2 minutes
(boiling the
water)

Equipment
Chopping board
Knife
Kettle
Measuring jug
Glass bowl

Ingredients

200ml

Boiling water

100g

Couscous

1

Vegetable stock cube

2-3

Vegetables of your choice and added extras (this dish will be part of your assessment so the ingredients are your choice, think about presentation, colour, texture, taste)

Suggested ingredients:

- spring onion, red pepper, and feta cheese
- Chickpeas, courgettes and halloumi cheese
- Sweetcorn, tomato, pumpkin/sunflower seeds and dried apricots.



Date ingredients needed:

Here's how

- 1 Boil the 200ml of water in the kettle.
- 2 Add the couscous to the bowl and once the water has boiled add it to the couscous. (for added flavor you can add a vegetable stock cube)
- 3 Wash and peel vegetables.
- 4 Cut vegetables into diced pieces.
- 5 Add vegetables to the couscous and serve.

Helpful notes

* When choosing your choice of vegetables think about sensory properties (use of colour and texture)



Have you tried a couscous sandcastle or couscous stuffed peppers?

Cooking at home

Date	Dish made	Witness name and signature	Comments (adaptations to be

Cooking is all about trying new things and experimenting

