

Year 7 Food Skills 2017-18 Recipes

Muffins

250g self-raising flour
1 level tsp baking powder
½ tsp salt
75g -100g sugar
1 egg (beaten)
250 ml milk
90ml vegetable oil

Variations (Choose **one** additional ingredient)

75g chocolate chips
75g chopped glace cherries
75g dried fruit (currants, sultanas or a mixture)

Perfect Pasta Pot

75g. Uncooked (dry weight) pasta shapes.

Choose 4 different vegetables / fruit from the list

2 spring onions
½ a small onion, red or white
2 medium tomatoes or 4 cherry tomatoes
5-10cm piece of Cucumber
1 stick of celery
½ pepper, red, green or yellow
1 tablespoon tinned or frozen peas
1 tablespoon tinned or frozen sweet corn
1 carrot
4 mushrooms
½ apple
1 ring pineapple
1 tablespoon dried fruit
6 olives

Choose ONE body building food (protein)

50g of cheese to be cut into cubes
3 slices cooked ham
100g cooked chicken
4-6 slices of pepperoni OR salami
2 cooked sausages
1 small tin of tuna

Choose a dressing to help make your salad complete

1 good tablespoon of one of the following: -
Mayonnaise
Salad cream
Thousand island dressing
French dressing
OR any other salad dressing you might have at home.

Mini Pizza

Bread for the pizza base - e.g. a roll, crumpet, slice of French stick (8cm).
2 tablespoons of tomato purée
50g grated cheese
Choose **3** of your own toppings

Fruit Crumble

350g prepared fruit- rhubarb, apple, gooseberry or plum (if raw add lemon juicer to stop browning).

OR

1 tin fruit pie filling.
125g plain flour
25g oats
75g margarine
75g sugar
Oven Proof Dish from home

Container- leak proof and big enough to fit your oven proof dish in.

How to reheat: place in a preheated oven at 180°C and cook for 20 – 25 mins until piping hot.

