

MINISTRONE SOUP

Learning Intentions - Use of water within food

Learning/Consolidation of skills – peeling, dicing, grating, slicing.

Learning/Consolidation of processes – boiling, simmering.

Ingredients

750 ml water

* plastic box

1 tsp. stock, beef or vegetable

*1 small onion

*1 carrot

*1 medium potato

15 ml tomato puree

*clove of garlic (optional)

1 g mixed herbs

25 g pasta

25 g peas

Method

1. Fill and boil kettle. Collect 1 tsp of chosen stock, add 750ml boiling water and pour into large pan. Put lid on pan and place bring back to the boil.
2. Peel and wash all vegetables.
3. Finely dice the onion and garlic, add to the pan of stock.
4. Grate carrot and add to the pan.
5. Thinly slice potato and add to the pan.
6. Add tomato puree, garlic and mixed herbs.
7. Simmer soup for 5 mins with lid on.
8. Add the pasta and peas, simmer for 15 mins.
9. Taste soup and adjust seasoning to taste.
10. Serve.

To reheat soup - place in a pan and bring to the boil for 2-3 mins. Serve immediately.

MACARONI CHEESE

Learning Intentions - Use of protein and fat within food

Learning/Consolidation of skills – grating, all in one sauce making.

Learning/consolidation of processes – boiling, simmering.

Ingredients

75 g macaroni
25 g margarine
25 g plain flour
250 ml skimmed milk
50 g mature cheddar
Seasoning to taste
*1 tomato/sprig of parsley

*ovenproof dish

Method

1. Fill kettle and bring to the boil. Half fill a medium pan with the boiled water.
2. Add macaroni to boiling water and cook for 12-15 mins.
3. Grate cheese.
4. Place marg, flour and milk in medium sauce pan.
5. Bring the marg, flour and milk to the boil whisking all the time until thick and smooth.
6. Test the macaroni with a fork to check it is cooked. (Al dente - still firm to bite). Drain when ready.
7. Add ½ of the cheese to the sauce and mix well.
8. Add macaroni to sauce and mix well.
9. Transfer into an ovenproof container, sprinkle with remaining cheese and bake or grill until cheese is bubbling and brown.

Serve garnished with tomato or parsley.

Cool and refrigerate until required

Reheat by baking in a hot oven for 10-15 mins.

COTTAGE PIE

Learning Intentions - Use of protein and carbohydrate within food
Learning/consolidation of skills – peeling, chopping, browning, mashing.
Learning/consolidation of processes – boiling, simmering, baking.

Ingredients

100 g mince (quorn mince) *ovenproof dish
*1 small onion
*1 small carrot
100 mls stock
2.5 ml Worcestershire sauce
2.5 ml tomato puree
*4 medium sized potatoes
15 g margarine
2 tablespoons semi-skimmed milk

Oven temperature:- 200°C/Gas Mark 6

Method

1. Put kettle on to boil. Peel, wash and cut potatoes.
2. Peel, wash and chop onion and carrot.
3. $\frac{1}{2}$ fill a pan with boiled water, add potatoes and boil for 15-20 mins.
4. Brown mince, stirring all the time, add the onion and carrot, cook for 2-3 mins.
5. Make up stock using 100ml of boiling water and $\frac{1}{2}$ teaspoon stock mix.
6. Add stock, Worcestershire sauce and tomato puree to mince and cook for 15 mins with lid on.
7. Drain potatoes, mash well.
8. Add milk and marg to potatoes and beat with a wooden spoon until smooth and creamy.
9. Place mince evenly on the base of the dish. Gently spoon mash over and flatten with a fork.
10. Bake for 15-20 mins.

Cool and refrigerate until required

Reheat by in the oven at above temp for 20 mins.

APPLE CAKE

Learning Intentions - Use of carbohydrate within food
Learning/consolidation of skills – lining of baking tin, rubbing in, grating.
Learning/ consolidation of processes – baking.

Ingredients

100 g self raising flour
1.25 ml spoon baking powder
25 g marg
2.5 ml spoon cinnamon
25 g brown sugar
*1 eating apple
1 egg
15 ml milk (if required)

*plastic box

Oven temperature:- 180°C/Gas Mark 4

Method

1. Set the oven, grease and line a sandwich tin.
2. Sieve flour and baking powder into a large bowl.
3. Add the marg and rub into the flour until the mixture resembles fine breadcrumbs.
4. Add the sugar and cinnamon.
5. Quarter, core and grate the apple, dispose of skin. Add to the cake mixture and mix well.
6. Add the beaten egg and mix to a dropping consistency using some milk if necessary.
7. Pour the mixture into the greased tin and bake for 20-25 minutes or till golden brown.

Cool and refrigerate until required

FRUIT CRUMBLE

Learning Intentions - Use of vitamins and carbohydrates within food

Learning/consolidation of skills – peeling, slicing, rubbing in.

Learning/consolidation of processes – baking.

Ingredients

100 g plain flour

25 g sugar

50 g margarine

25 g porridge oats

*2 medium sized cooking apples or 200g rhubarb

*50 g dried fruit - optional

½ tsp. mixed spice

*ovenproof dish

Oven temperature:- 190°C/Gas Mark 5

Method

1. Make crumble by rubbing margarine into the flour until the mixture looks like fine breadcrumbs. Stir in sugar.
2. Wash, peel, wash apple.
3. Half, quarter and finely slice apples. (Top and tail rhubarb, chop into 4-5cm pieces.)
4. Put apples into an ovenproof dish, add dried fruit and spice.
5. Spoon crumble mixture over fruit in the dish.
6. Sprinkle on porridge oats.
7. Bake in oven for twenty minutes.
8. Serve hot or cold with cream or custard.

Cool rapidly and refrigerate until ready to heat.

Microwave on medium heat for 10 minutes or heat in the oven at 190°C, Gas Mark 5 for 15-20 minutes.

CHICKEN AND RICE

Learning Intentions - use of vitamins and minerals within food
Learning/consolidation of skills – peeling, dicing, chopping, slicing.
Learning/consolidation of processes – boiling, shallow frying.

Ingredients

50g rice
10mls vegetable oil
*½ small onion
½ chicken portion
*½ pepper
1 tbsp mixed peas and sweet corn
½ tsp soy sauce
2 tbsp chicken stock

*plastic box

Method

1. Half fill a medium pan with water and bring to the boil.
2. Wash rice in sieve and add to boiling water, cook for 12 mins.
3. Dice the chicken.
4. Dice the onion, cut the pepper into matchsticks.
5. Drain rice and heat oil in the frying pan.
6. Add the chicken to the frying pan cook until it is white all over.
7. Add the onion, fry for 2 minutes.
8. Add the rice, pepper, peas and sweet corn, cook for 2-3 minutes.
10. Mix the soy sauce and chicken stock, add to the rice mixture and cook for a further 2 minutes. Serve.

To reheat - place in a frying pan with 2-3 tbsp of water and heat thoroughly for 2-3 mins. Serve immediately

CITRUS SPONGES

Learning Intentions - use of carbohydrate, fat, vitamins and minerals within food
Learning/consolidation of skills – zesting, juicing, creaming.
Learning/consolidation of processes – baking

Ingredients

75 g self raising flour
50 g caster sugar
50 g soft marg
1 egg
1 drop vanilla essence
*1 clementine/tangerine/lime/lemon

*plastic box
*6 paper cases

Oven temperature:- 200°C/Gas Mark 6

Method

- 2 Place 6 paper cases in bun tin.
- 3 Break egg into small bowl and mix with a fork.
- 4 Sieve flour onto a plate.
- 5 Wash fruit peel zest onto a paper towel.
- 6 Cut fruit in ½ and juice.
- 7 Place marg and sugar in big bowl and cream with a wooden spoon.
- 8 When light and fluffy add 1 spoonful of flour, egg, zest and juice. Mix well with wooden spoon.
- 9 Add the remaining flour and mix gently.
- 10 Divide evenly between the paper cases and bake until golden brown and well risen

Best eaten on day they are made.

CHINESE STIR FRY

Learning Intentions - overview of nutrients within food
Learning/consolidation of skills – peeling, slicing, dicing
Learning/consolidation of processes – shallow frying

Ingredients

*1 onion or 2/3 spring onions
*1 clove garlic (optional)
*1 carrot
*½ pepper
*2-3 mushrooms
*2 sticks celery or 1 courgette
15 ml soy sauce
15 ml vegetable stock
2.5 ml sugar
20 ml vegetable oil
*50 g beansprouts

*plastic box

Method

1. Peel onion or spring onion, dice onion finely or diamond cut spring onions.
2. Peel and finely slice garlic.
3. Cut carrots into matchsticks.
4. Cut pepper into thin strips.
5. Slice mushrooms and celery.
6. Blend soy sauce, vegetable stock and sugar in a small bowl.
7. Heat oil in frying pan, add onion and garlic for 2-3 mins.
8. Add carrots and celery, cook for 3 mins.
9. Add remaining vegetables and cook for further 3 mins.
10. Add blended sauce and cook for 2 mins.
11. Serve

**Cool and refrigerate until required
Reheat in microwave for 2 -3 mins.**

Quick Tomato Soup

Learning Intentions - Consumer technology lesson

Ingredients

*1 small onion
*1 small carrot
*1 orange
5ml chicken or vegetable stock
200ml boiling water
200ml tinned tomatoes
1 tsp sugar
Dash Tabasco sauce
Dash Worcestershire sauce
15 ml quark

*plastic box

Method

1. Peel, wash and finely dice onion.
2. Wash, peel and rewash carrot.
3. Chop carrot finely.
4. Wash orange and cut in half, juice each half with a different lemon squeezer.
5. Make up stock using stock bouillon and boiling water.
6. Place all ingredients except the quark into a medium pan and bring to the boil.
7. Simmer with lid on for 10 mins.
8. Remove from the heat, add the quark and allow to cool slightly.
9. Use Hand blender to puree to a smooth soup.
10. Taste and season as required. Serve.

To reheat soup – place in pan and bring to the boil for 2-3 minutes. Serve immediately.

POTAGE PAYSANNE

Learning Intentions - Assessment of pupil skills, processes, safety and hygiene.

Ingredients

*1 small onion
*1 small carrot
*1 stick of celery
*2 medium potatoes
5ml chicken or vegetable stock
500ml boiling water
25g frozen peas
15ml vegetable oil
2.5ml dried mixed herbs

*plastic box

Method

1. Peel, wash and finely dice onion.
2. Wash, peel and rewash carrot and potatoes.
3. Cut carrot into small matchsticks.
4. Wash and slice celery finely.
5. Chop potatoes into dice approximately 1cm.
6. Make up stock using stock bouillon and boiling water.
7. Heat the oil in the large pan and add the vegetables. Fry gently without browning for 5 minutes.
8. Remove the pan from the heat.
9. Add the stock and the herbs.
10. Return to the heat and bring to the boil, stirring continually.
11. Reduce the heat and simmer for 20 minutes.
12. Taste and season as required. Serve.

To reheat soup – place in pan and bring to the boil for 2-3 minutes. Serve immediately.