

Special Dietary Needs

Every year the number of students and their family members with special dietary needs increases. Whether this is due to an allergy or intolerance or for religious or ethical reasons we aim to accommodate your requirements and allow you to enjoy practical food lessons.

Most of the time this will require you to exchange one ingredient for another, i.e. meat for Quorn or cow's milk for soya milk or wheat flour for a gluten free variety BUT please let your teacher know so that arrangements and alternative recipes can be found, where necessary.

The 14 ALLERGENS



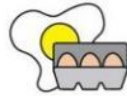
Celery



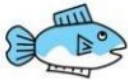
Cereals containing Gluten



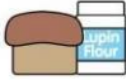
Crustaceans



Egg



Fish



Lupin



Milk



Molluscs



Mustard



Nuts



Peanuts



Sesame



Soya



Sulphites

Please note, although Starkholmes is now a nut-free zone, because students provide their own ingredients for practical lessons there can never be a guarantee that these are entirely nut free due to cross contamination either during food processing or at home. It is essential if you have an allergy, that you provide all of your own ingredients and work completely independently using separate equipment. Staff and students must ensure they do not bring in any product containing nuts. Potential allergens above have been highlighted in the recipes in **bold/underlined/italic**; please ask if you have any concerns.

Cooking at Highfields School

In this booklet are the recipes that you will be making this year during your time in food. You will be able to make some ingredient choices in each dish to enable you to tailor it to your families' likes and dislikes.

All students are expected to bring in their ingredients for every practical lesson. Food is part of the KS3 National Curriculum. If there are any issues that make this difficult, please speak to your teacher.

Students must have a large-lidded container to carry their ingredients to school and their cooked product(s) home. The container **must be named**, as in any one day there can be up to 80 students cooking.

Ingredients that require refrigerating should be put into **a separate named bag** ready to place straight in the fridge upon arrival at school.

Where possible, students should weigh and measure their ingredients at home. This is part of the learning experience and helps to speed up the lesson. However, we do have digital scales at school that can be used.

Ingredients must be brought to their food practical room before morning lesson on the day of their practical lesson. Ingredients that require refrigerating should be put into the correct refrigerator (labelled) and other ingredients should be placed on the designated shelf.

Finished products and any remaining ingredients must be collected at the end of the school day. No products can be collected before 3.20pm unless the student has informed the teacher beforehand and has a valid reason for doing so e.g. leaving early for a medical appointment.

All boxes should be labelled with the student's name, form and date.

All equipment will be provided by school; however, we would ask that you provide your child with a clean apron.

Thank you, Mrs Hakin & Miss Poundall

FRUIT SALAD

Ingredients

Fruits	
Pupils must have a selection from the following:	200ml Fruit Juice (small carton) Apple/Orange/Exotic etc
Apple <u>or</u> Pear	
Grapes	
Clementine/Orange	
Kiwi	
Banana	

**Container (with secure lid) for taking Fruit Fusion home*

**Cookery apron*

Pupils are required to bring at least one pear or apple and must have a **minimum of 3 fruits (of their choosing) in total.*

Equipment - Knife, chopping board, bowl, measuring spoons, spoon

Method - (Prepare your chosen fruits)

1. Peel the clementine and separate into segments.
2. Cut the grapes in half and remove any seeds.
3. Peel the kiwi fruit and slice.
4. Peel the banana and slice.
5. Quarter the apple or pear, remove the core and slice.
6. Place all the fruit in a bowl.
7. Add the juice and mix together.

FLAPJACK

Ingredients

75g dried apricots
<u>150g oats</u>
50g sugar
50g <u>butter</u> or margarine
2 x 15ml spoons golden syrup

**Foil will be provided by school for this*

**Cookery apron*

Equipment - Chopping board, knife, weighing scales, measuring spoons, saucepan, wooden spoon, spatula, non-stick baking tin, palette knife.

Method

1. **Preheat the oven to 180°C, gas mark 4.**
2. Chop the apricots into small pieces.
3. Place the butter or margarine, sugar and syrup into a saucepan and gently heat until the butter or margarine has melted.
4. Stir in the oats and apricots.
5. Pour the mixture into a non-stick (or lined) baking tray.
6. Pat down the mixture in the baking tin.
7. **Bake for 15 - 20 minutes, until lightly browned.**
8. Remove from the oven and cut into 'bars' in the baking tin while hot.

VEGETABLE SKEWERS

Ingredients

Ingredients
1/2 courgette
1/2 red pepper, deseeded
1/2 green pepper, deseeded
1 onion
8 cherry tomatoes
8 button mushrooms
5 tbsp olive oil (sch)
1 garlic clove, crushed (sch) (opt)
1/2 tsp dried oregano (sch) (opt)
1 pinch chilli flakes (sch) (opt)

* Container or foil to carry kebabs home/apron

*Alternative vegetables/herbs and spices can be used and quantities may vary for each ingredient

*Bring enough to make approx. 4 skewers

Equipment - Chopping board, knife, skewers, grill pan, fork.

Method

1. Trim the courgette and cut into 8 chunks. Cut the peppers into 2.5cm (1in) pieces. Peel the onion and cut into wedges, leaving the root end intact so that the wedges do not fall apart.
2. Thread the vegetables on to 4 large or 8 small skewers.
3. Whisk the remaining ingredients together in a small bowl.
4. Preheat the grill on a medium-high setting. Place the kebabs on the grill rack and brush generously with the flavoured oil. **Cook for 10-15 minutes, or until the vegetables are just tender**, turning frequently and brushing with more of the oil as you do so. Drizzle any remaining oil over the cooked kebabs.

FRUIT CRUMBLE

Ingredients

Crumble Topping	Filling
50g butter or margarine	3 eating apples
100g plain flour	50g sultanas (opt)
50g oats (opt)	
25g sugar	

* Pyrex, pottery or foil container/apron

Equipment - Weighing scales, mixing bowl, wooden spoon, chopping board, knife, ovenproof dish or foil tray, baking tray.

Method

1. **Preheat the oven to 190°C, gas mark 5.**
2. Rub in the butter or margarine 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 the oven-proof dish on a baking tray and then add the sultanas.
6. Sprinkle the crumble topping over the apple slices.
7. **Bake for 25-30 minutes, until the apple is soft and the crumble is golden.**

CHEESY SCONES

Ingredients

Scone Mixture	
<u>250g self-raising flour</u>	
<u>1x5ml spoon mustard powder (sch)</u>	
40g <u>butter</u> or margarine	<u>Beaten Egg or Milk for glazing (sch)</u>
<u>75g hard cheese</u>	
<u>125ml semi-skimmed milk</u>	

*Container for taking scones home in/apron

*Alternatives: 50g sundried tomato, **75g Feta** & 1/2tsp cayenne
40g Caster sugar & 75g chosen dried fruit e.g. cherries/sultanas

Equipment - Non-stick baking tray, pastry brush, weighing scales, sieve, mixing bowl, measuring spoons, grater, chopping board, palette knife, measuring jug, flour dredger, scone cutter, cooling rack.

Method

1. Preheat the oven to 220°C or gas mark 7.
2. Prepare a baking tray, e.g. greased and lined.
3. Sieve the flour and mustard into the bowl.
4. Rub in the butter or margarine into the flour until it resembles breadcrumbs.
5. Grate the cheese.
6. Stir in the cheese.
7. Make a well in the middle of the flour and carefully pour in the milk. (Save just a little of the milk.)
8. Mix to form a soft dough.
9. Place the dough on a lightly floured work surface.
10. Use the palm of your hand to press down mixture until 1½cm thick.
11. Shape the scones using a cutter.
12. Place the scones on a baking tray and brush each top with a little milk.
13. **Bake for 12-15 minutes, until golden brown.**

SALAD - ASSESSMENT TASK

Ingredients

Ingredient Ideas
New potatoes / <u>Pasta</u> / Couscous / <u>Noodles</u> / Quinoa
<u>Eggs</u> / <u>Feta</u> / <u>Mozzarella</u> / <u>Halloumi</u>
Cherry tomatoes / Beans / Carrot / Radish / Pepper
Lettuce / Rocket / Watercress / Spinach
<u>Tuna</u> / <u>Prawns</u> / Chicken / <u>Bacon</u>
<u>Mayonnaise</u> / Vinaigrette
Herbs / spices
Pomegranate / Lemon

*Apron/Container

*Pupils can choose to include any ingredients in their chosen salad it is their own design the above are therefore suggestions

*All ingredients should be prepared and cooked in class

Equipment - Chopping board, vegetable peeler, knife, can opener, saucepan, measuring spoons, wooden spoon

COURGETTE & CHEESE MUFFINS

Ingredients

1 small courgette

100g cheddar cheese

225g self-raising flour

50ml oil

175ml semi-skimmed milk

1 egg

Black pepper (sch)

12 muffin cases

** Apron/Container or clean bag for carrying muffins home*

Equipment - Chopping board, knife, vegetable peeler, measuring spoons, wooden spoon, measuring jug.

Method

1. Preheat oven to 200°C or gas mark 6
2. Place the muffin cases in the muffin tin
3. Cut the ends of the courgette.
4. Grate the courgette and cheese
5. Mix all the ingredients together to form a smooth batter
6. Divide the mixture equally between the muffin cases using 2 spoons.
7. **Bake for 20 minutes, until golden.**
8. Allow to cool on a cooling rack.

BREAKFAST MUFFINS

Ingredients

250g self-raising flour

2 x 5ml spoons of baking powder (sch)

100g caster sugar

230ml semi skimmed milk

1 egg

60ml Oil

150g canned fruit, drained or fresh fruit equivalent

12 Muffin cases

** Container or large clean bag for taking muffins home in/apron*

**oats/ coconut or other additions can be added in place of fruit (No nuts)*

Equipment - Muffin cases, muffin tin, weighing scales, measuring spoons, measuring jug, mixing bowl, wooden spoon, 2 spoons, can opener, cooling rack.

Method

1. Preheat oven to 180°C or gas mark 4.
2. Place the muffin cases into the muffin tin.
3. Mix all the ingredients together to form a smooth batter.
4. Stir in the fruit.
5. Divide the mixture equally between the cake cases using 2 spoons.
6. **Bake for 20 - 25 minutes, until golden.**
7. Allow to cool on a cooling rack.

FAJITAS

Ingredients

Marinade (This is optional and should be made at home!)- $\frac{1}{2}$ lime, 1 clove garlic, $\frac{1}{2}$ green chilli and a small bunch of coriander

1 x 10ml spoon oil (sch)

1 small chicken breast (or 3-4 thighs)

1/2 onion

1/2 green pepper

1 tomato

25g Cheddar cheese 1 x 15ml spoon guacamole or salsa (opt)

2 tortillas

*Container for taking fajitas home in/Cookery apron

Method

1. Prepare the marinade:
squeeze the lime; peel and crush the garlic; de-seed and slice the chilli; chop the coriander; stir everything together with the oil
2. Remove any skin from the chicken and cut the chicken into strips. Mix with the marinade and place in the fridge, covered, until needed.
3. Prepare the remaining ingredients with a clean knife on a clean chopping board:
slice the onion and green pepper; chop the tomato; grate the cheese
4. Add the marinated chicken to the wok or saucepan and stir-fry for about 4 minutes. Check that the chicken is cooked.
5. Add the onion and green pepper and continue to cook for a further 2 minutes.
6. Spread a little chicken in the centre of the tortilla, add some tomato, cheese and guacamole and then roll up.

FRITTATA

Ingredients

2 rashers of **bacon**, all visible fat removed

1tsp oil, for frying (sch)

125g mushrooms, thinly sliced

75g spinach

100g boiled potatoes (or leftover baked/boiled potatoes) cut into rough chunks

50g cherry tomatoes, halved

4 medium free-range eggs, beaten

salt and freshly ground black pepper (sch)

* Container or foil to carry Frittata home/Cookery apron

Method

1. Fry the bacon until it is browned. Remove from heat.
2. In the same frying pan add in your oil and place on a medium-high heat. When the pan is hot, fry the mushrooms for 5 minutes, stirring frequently, until they are browned and softened. Remove from heat.
3. Rinse the spinach under cold water and drain it in a sieve. Add it to the frying pan and cook for 1-2 minutes, stirring all the time, so that the leaves steam in the remaining water. When the spinach is cooked, but still bright green, transfer back to the sieve and press with the back of a spoon to squeeze out any remaining water from the leaves. Put to one side.
4. Using the same frying pan fry the potatoes and tomatoes without stirring too much, so that the vegetables take on some colour but don't fall apart! - about 5 minutes.

5. Meanwhile, beat the eggs in a fairly large bowl. Chop the cooked bacon and the spinach. Add to the eggs along with the cooked mushrooms. Season the eggs with salt and freshly ground black pepper.
6. When the tomatoes and potatoes are golden-brown in places, add the eggs and other vegetables giving the egg mixture a brief stir first, keep over a medium heat for 10 minutes, until the egg looks set around the edges (it may be a little runny on the top).
7. Place the pan under the grill for 2 minutes to finish cooking the frittata on top. Turn out the frittata onto a plate and let it cool slightly before cutting into wedges.

DUTCH APPLE CAKE (EXTRA)

Ingredients

100g caster sugar

100g soft margarine

2 eggs

100g self-raising flour

1 x 2.5ml spoon baking powder (*sch*)

1 eating apple

1 x 5ml spoon cinnamon (*opt*)

1 x 5ml spoon Demerara sugar (*opt*)

**Container for taking cake home in/Cookery apron*

Equipment - Weighing scales, mixing bowl, electric hand whisk, small bowl, fork, sieve, spoon, knife, chopping board, teaspoon, cake tin

Method

1. **Preheat the oven to 180°C, gas mark 4.**
2. Grease and line the cake tin or foil trays.
3. Cream the sugar and margarine together until light and fluffy.
4. In a small bowl, beat the eggs with a fork.
5. Add the beaten egg, a little at a time, to the margarine and sugar.
6. Once all of the egg has been added sieve in the flour and baking powder.
7. Fold the flour and baking powder into the mixture using a metal spoon until fully combined and place mixture into the cake tin.
8. Core the apple and slice thinly.
9. Arrange the apple slices over the cake mix, and then sprinkle the cinnamon and sugar on top.
10. **Place in the oven and bake for around 20 minutes, until golden brown and springy to the touch.**
11. Remove from the oven and allow to cool.



Year 7

Food - Sept 2021

Food For Life Recipes

Name _____ Form _____

Group _____ Day _____

Please note that the recipes can also be found on the [Highfields School Website](#) under: Parents/ Parent Booklets/ Food Recipe Booklets & each week the recipe will be set as homework on Satchel One