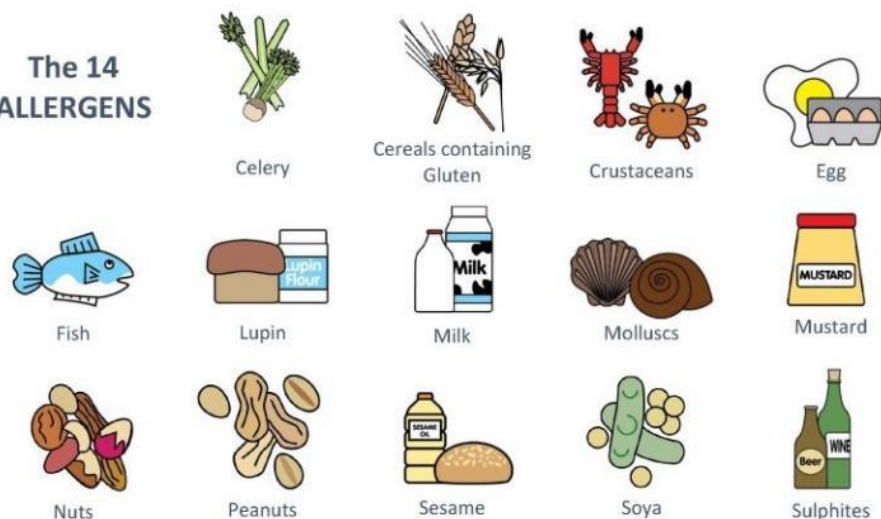


Special Dietary Needs

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

The 14 ALLERGENS



alternative recipes can be found, where necessary.

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.

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 **suitable apron** and 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 or before the lesson**. 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 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 Weller

FRUIT SALAD

Ingredients

Fruits	
Pupils must have a selection from the following: Apple <u>or</u> Pear	200ml Fruit Juice (small carton) Apple/Orange/Exotic etc
Citrus e.g. clementine, orange	
Soft fruits e.g. strawberries, raspberries & blueberries	
Stoned fruits e.g. plums, cherries, nectarines & peaches	
Misc e.g. pineapple, melon & grapes	

**Container (with secure lid) for taking Fruit Salad 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.*

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 or glace cherries (opt) *No raisins/sultanas as they burn!
<u>150g oats</u>
50g sugar
50g <u>butter</u> or margarine
3 x 15ml spoons golden syrup

**Foil & cling film will be provided by school for this*

**Cookery apron*

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.

PIZZA TOAST

Ingredients

Ingredients
30g hard cheese, e.g. Cheddar, Edam, Gruyere
2 slices bread (or a bagel or a piece of French stick sliced in half)
2 x 15ml spoons tomato pizza sauce (sch)
$\frac{1}{2}$ x 5ml spoon mixed herbs (sch)

* Container or foil to carry pizza toast & apron

*Toppings can be used -

- Add a spoon of pickle or chutney for extra bite.
- Try different types of cheese or different toppings, e.g. tuna and sweetcorn, sliced tomatoes, olives
- Why not add cooked chicken or canned tuna

Method

1. **Preheat the grill.**
2. Prepare chosen toppings.
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 toppings over the tomato sauce.
8. Place under the grill until the cheese bubbles.

FRUIT CRUMBLE

Ingredients

Crumble Topping	Filling
50g butter or margarine	3-6 eating apples (<i>based on dish size</i>)
100g plain flour	50g sultanas (<i>opt</i>)
50g oats (<i>opt</i>)	
25g sugar	

* Pyrex, pottery or foil container/apron

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

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

STIR FRY

Ingredients

*Choose 3-4 vegetables from the list below or vegetable of your choosing plus a sauce/flavouring.	
Spring onions	2tsp Chinese 5 spice (sch)
Onion	Soy sauce
Pepper	Sweet & Sour Sauce
Carrot	Black bean sauce
Celery	
Babycorn	
Beansprouts	
Leek	
Mushrooms	

**Container for taking Stir fry home in/apron*

Method

1. Wash all your vegetables and **separate into hard and soft**.
2. Peel and chop the **hard veg** and put into a large bowl
3. Peel and chop the **soft veg** and leave on chopping board
4. Open tins, drain.
5. Put 1 **tablespoon of oil** into a large pan and add one piece of hard veg heat on a **medium heat** and wait for the sizzle
6. When the piece of hard veg is **sizzling** empty the **hard veg** bowl into the pan and stir with your wooden spoon
7. Add **all your flavours** after 2 minutes e.g. 5 spice, soy sauce
8. When the hard veg is starting to soften, add the **soft veg** into the pan and stir with your wooden spoon until cooked.
9. Turn off the heat, put your pan on a **pan stand**. Add to the container.
10. Put a **lid and label** onto your stir-fry and put in the fridge. **Wash up**.

FAJITAS

Ingredients (Serves 2)

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 chicken breast (or 3-4 boneless thighs) or meat alternative
1/2 onion
1/2 pepper
1 tomato
<u>25g Cheddar cheese</u> 1 x 15ml spoon guacamole or salsa (opt)
2 large tortilla wraps

**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.

BOLOGNESE

Ingredients

450g mince (Beef /Turkey/Quorn)	Seasoning- your choice of:
1 onion	1 tsp spoon mixed herbs (sch)
1 garlic clove	1 tbspoon tomato puree (sch)
1 carrot	
1 tbspoon oil (sch)	
1 stock cube	
400g tin of chopped tomatoes	

* Container to carry Bolognese/Cookery apron

Method

1. Prepare self, ingredients and equipment.
2. Peel the vegetables and then dice or slice into **even fine sized pieces**.
3. On a medium to high heat, dry fry the meat in a large saucepan - **stir with a wooden spatula**.
4. Cook the mince until browned all over (**no pink bits**).
5. Add the chopped vegetables to the saucepan and **stir for 4 minutes**.
6. Add the chopped tomatoes and flavourings. **Crumble** stock cube and add any seasonings into pan.
7. Add **100 ml cold water**, mix well and bring the saucepan to a simmer (gently bubbling). Allow to simmer for 10 -15 minutes to develop flavours and thicken the sauce, stirring occasionally.
8. Transfer the meat mixture to your container.
9. Label your container, place in the chiller or fridge. **Wash up, sanitise sides and check all cupboards.**



Year 7

Food - Sept 2025 Recipes

Name _____ Form _____

Teacher _____

DT 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