

QEGS

Food Technology



Home Cooking SKILLS



recipe booklet



Welcome to QEGs Food Technology. In year 7 you will have the chance to take part in a cooking rotation as part of your introduction to Design Innovation (D&I).

In this booklet you will find recipes and activities that you could complete in preparation for your time at QEGs.

You can pick and choose which activities you would like to do (it is not expected that you do them all!). So hopefully you can develop some of the skills needed for year 7 and hopefully have some fun too!



Activities:

1. Research what the bridge and claw methods are when used in cooking?
2. Research and find out what the different coloured chopping boards in the food room are for.
3. Sketch and label your oven at home - can you identify the hob, the oven and grill? Is it Gas or electric? Does it have any other special features?
4. Do the washing up at home at least once a week - you will have to do this at the end of your practical lessons.
5. Make your parents a cup of tea or a slice of toast - paying attention to how to use the equipment effectively.
6. Are you the next Gordon Ramsey? It's time to dazzle us with your master chef skills. Create a dish or an entire menu inspired by local produce. Make a menu card and a step-by-step photo guide of your recipes.

Recipes:

Breakfast omelette

Ingredients

- 2 medium free range eggs
- 1 slice lean smoked bacon (or thinly sliced lean ham)
- 1 medium tomato, sliced
- 1-2 mushrooms, finely sliced
- Seasoning
- 1tsp vegetable oil

Equipment

frying pan, fork, vegetable knife



Method

1. Beat the eggs in a bowl
2. Brush the frying pan lightly with oil ensuring you cover to the rim the pan.
3. Meanwhile preheat the grill.
4. Once the pan is hot, pour in the egg mix and with a fork start to scramble the egg lightly.
5. Turn down the heat and spread egg mix smoothly to form an omelette. The egg does not need to be cooked thoroughly at this stage.
6. Place the remaining ingredients on top of the egg mix and put under the hot grill until cooked. The omelette mix will puff up around the filling
7. Remove from the grill and with a palette knife or an egg slice, loosen the edges, fold in half and serve immediately with a good dollop of brown sauce and fresh crusty bread.

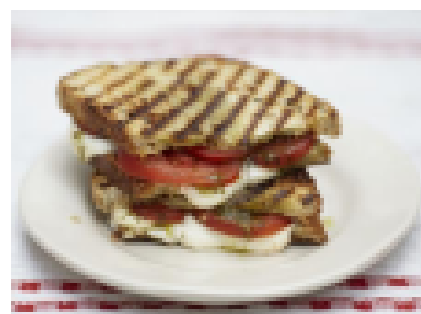
Skills

beating	folding	scrambling	grilling
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Tomato, pesto and mozzarella toastie

Ingredients

2 slices bread
2 x 15ml spoons Pesto, for spreading
75g fresh mozzarella
1 ripe tomato
Black pepper



Equipment

Chopping board, knife, fish slice, measuring spoons, dessert spoon.

Method

- 1.Preheat the grill.
- 2.Slice the tomato and mozzarella
- 3.Place one slice of bread under the grill and toast one side.
- 4.Remove the bread from the grill and place on the chopping board uncooked side-up.
- 5.Spread the pesto sauce over the bread using the back of the spoon.
- 6.Arrange the tomato and mozzarella over the slices.
- 7.Sprinkle the pepper over the bread.
- 8.Place under the grill until the cheese bubbles.
- 9.Remove pizza toast and then toast the other slice of bread and place on top.
- 10.Serve

Skills

Bridge hold	Claw grip	Using the grill	Spreading
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Creamy tomato soup

Ingredients

- 1 onion
- 1 carrot or 1 red pepper
- 1 x can chopped tomatoes (400g)
- 250ml water
- 1 stock cube
- 1 x 15ml spoon tomato puree
- 1x 15ml spoon double cream
- Option: 1tsp mixed herbs, 1 tsp sugar, 1tsp chilli flakes
- Salt and pepper to taste



Equipment

Chopping board, knife, vegetable peeler, saucepan, can opener, measuring spoons, wooden spoon, food processor, ladle.

Method

- 1.Prepare the vegetables:
 - peel and slice the onion;
 - top and tail, peel and slice the carrot;
- 2.Put all the ingredients into a saucepan.
- 3.Stir everything together, bring to the boil and then simmer for 20 minutes.
- 4.Ladle the mixture into the food processor and blend until smooth.
- 5.Serve.

Skills

Peeling	Bridge hold	Claw grip	Using the hob
Measuring	Onion preparation		Combining

Mini Pasties

Ingredients

- 1 Ready made short-crust pastry sheet
- 2 eggs
- 115g grated cheddar cheese
- 1tbsp mixed herbs
- 1 small onion

Equipment

- Mixing Bowl
- Spoons
- Sharp knife
- Large biscuit cutter
- Baking tray
- Wire rack
- Grater



Method

1. Put eggs into a mixing bowl and beat well with a fork.
2. Add the cheese and herbs
3. Roll out the dough onto a floured surface and cut into circles of 3mm thickness.
4. Place 1tsp of filling in the centre of each pastry circle (not too much).
5. Fold each circle over to make half-moon shapes
6. Then carefully seal the edges together with a fork.
7. Cut a few small slashes in the top of each pasty with the point of a sharp knife
8. Glaze tops with milk/egg yolk.
9. Put your mini pasties on a greased baking tray for **18-20 minutes**
10. Cool on a wire rack

Skills

Rubbing in	mixing	rolling	chopping
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Bread Rolls

Ingredients

250 - 300g

(1 packet, white, brown, wholegrain) of bread mix,

150ml of blood heat water,

Flavourings cheese, onion, nuts

Different liquids e.g. tomato juice, flavoured milk

Finishing's

Glazes change appearance. Choose egg, egg and milk for shiny top. Milk not as shiny

Additional extras

seeds (sesame, pumpkin), sugar or salt sprinkled

Equipment

Mixing bowl

Wooden spoon

Measuring jug

Flour dredger

Knife

Scissors

Baking tray



Method

1. Set oven Gas 8, 230°C. Place bread mix in mixing bowl,
2. Add blood heat water, a little at a time. (Add oil if required),
3. Mix with a wooden spoon,
4. Tip onto a well floured surface and knead for 5 minutes until the dough is stretchy,
5. Add any flavourings
6. Divide into 6 or 8 and shape into rolls. Place on greased baking tray and leave to rise in grill for 5 minutes. (The grill must be off at this point, the warm the from the oven will allow the yeast grow)
7. Bake for 15 - 20 minutes until the rolls are golden brown and sound hollow when tapped underneath

Skills

Mixing	kneading	Shaping	resting	proving
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Muffins

Ingredients:

- 140g plain white flour
- 55g caster sugar
- 1 egg
- 125ml milk
- 1 $\frac{1}{2}$ tsp baking powder
- small pinch of salt
- 3 ~~tblsp~~ tblsp oil
- 100g of chocolate chips
- 6 muffin cases



Method:

1. Pre heat oven to 200°C/gas mark 6. Line a muffin tin with 6 paper cases.
2. Prepare any added ingredients (for example, mash banana or chop up chocolate bar).
3. Sieve flour into a large mixing bowl.
4. Stir in the sugar, baking powder, salt and add your added ingredients.
5. In a jug measure the milk then add the egg and oil and beat.
6. Make a well in the centre of the dry ingredients then pour in the beaten liquids.
7. Stir until just combined, do not over mix.
8. Pour mixture back into the jug then pour an equal amount of mixture into the paper cases.
9. Bake in the oven for 20 ~~mins~~ mins until well risen and golden brown
10. Transfer onto a wire rack to cool.

Top Tip

To avoid flying saucer tops like these make sure you don't overfill your muffin cases. You need each case to be filled $\frac{2}{3}$ full.



Cake in a mug:

Ingredients:

4 tblsp SR Flour
4 tblsp sugar
2 tblsp cocoa powder or drinking chocolate (only add 2
tblsp of sugar if using drink chocolate as it already has
sugar added)
1 egg
3 tblsp milk
3tblsp veg oil
Drop of vanilla essence (optional)
2 tblsp chocolate/ raisins if you have them



**Alternatively you could research other cake in a mug recipes that might make better use of the ingredients you have in.*

1. Add the flour, sugar and cocoa to the largest mug you have and mix together
2. Add the egg and mix as much as you can, it will be slightly dry
3. Add milk, oil and essence. Mix until smooth.
4. Place mug in centre of the microwave and cook for 1 - 2 minutes until firm to the touch.
5. Remember to take a picture and e-mail to Mrs Flinders