

Year 7 Recipes Unit 1: Safety

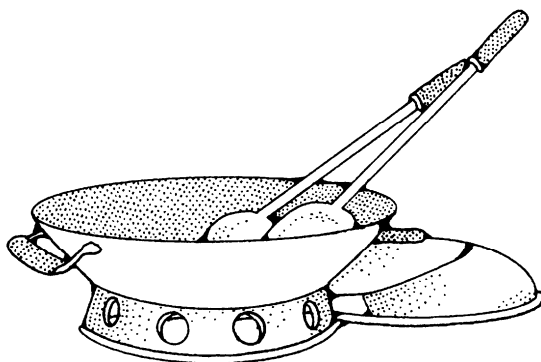


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Food product:	FRENCH BREAD PIZZA
Ingredients:	<p>1 piece of French stick 5g margarine 1 tablespoon of tomato puree ½ teaspoon dried herbs (optional) 25g grated cheese</p> <p>CHOOSE UP TO THREE TOPPINGS:</p> <ul style="list-style-type: none"> • 1 tablespoon sliced mushrooms • 1 tablespoon sweetcorn • ¼ green onion • 1 pineapple ring • 2 slices of pepperoni • Small slice of ham • 25g tuna
Equipment:	Table knife, sharp knife, chopping board, baking tray
Preparation:	<ol style="list-style-type: none"> 1 Wash hands and put on apron 2 Collect ingredients 3 Collect equipment 4 Pre-heat the oven to 200 °C.
Method:	<ol style="list-style-type: none"> 1. Spread the margarine onto the bread using the table knife. 2. Next spread the tomato puree onto the bread using the same knife. 3. Slice the mushrooms, pepper, onion, pepperoni, ham or pineapple rings using the sharp knife. 4. Arrange the toppings of the bread base. 5. Sprinkle the cheese over the bread base. 6. Place the pizza on a baking tray. 7. Bake the pizza for 10 to 15 minutes until the cheese is golden brown and the pizza base is crisp. <div data-bbox="785 1666 1066 1877" data-label="Image"> </div>



Food product:	VEGETABLE STIR FRY
Ingredients:	60g sugar snap peas ¼ red pepper ¼ carrot 1 celery stick 2 fresh mushrooms 1 spring onion 1 teaspoon sesame oil 1 tablespoon soy sauce
Equipment:	Non stick frying pan, vegetable chopping board, vegetable peeler, sharp knife, wooden spatula, measuring jug
Preparation:	1 Wash hands and put on apron 2 Collect ingredients 3 Collect equipment
Method:	1 Wash all the vegetables and drain in a colander. 2 Peel the carrot and cut into thin strips. 3 Trim the sugar snap peas and spring onion and then cut into spring onion into diagonal pieces. 4 Slice the red pepper and mushrooms. 5 Heat the oil in the non stick pan. 6 Add the vegetables and fry for THREE or FOUR minutes. 7 Turn off the heat and add the sesame oil and soy sauce.




Food product:	Maki-zuchi (Rolled Sushi)
Ingredients:	1 sheet of nori 75g cooked rice ½ tablespoon rice vinegar ½ tablespoon sugar ¼ teaspoon salt wasabi to taste cucumber or Japanese radish canned tuna or crabsticks
Equipment:	bamboo rolling mat, mixing bowl, sharp knife, tablespoon, teaspoon, round bladed knife
Preparation:	1 Wash hands and put on apron. 2 Collect ingredients. 3 Collect equipment.
Method:	1 Spread out the sheet of nori on the bamboo rolling mat. 2 In the middle of the nori arrange a band of rice from left to right. Leave a 1cm band along the top and bottom edges of the nori without any rice on it 3 Make a groove in the rice along the centre from left to right. 4 In this groove lay strips of tuna or crabstick and cucumber or radish. 5 Spread the wasabi on top using your round bladed knife. 6 Starting at the edge closest to you, use the mat to roll up the sushi. After rolling, press the mat with your fingers to make a squarish shape (see picture). 7 Unroll the mat and using the sharp knife cut the sushi into six to eight pieces. 8 Store the sushi in the refrigerator.



Food product:	FLAPJACKS
Ingredients:	100g margarine 50g demerara sugar 2 tablespoons golden syrup 150g rolled oats 25g plain flour
Equipment:	Small saucepan, wooden spoon, round bladed knife, tablespoon, foil container
Preparation:	1 Wash hands and put on apron 2 Collect ingredients 3 Collect equipment 4 Preheat oven to 180°C 5 Oil the foil container
Method:	1 Place the margarine, sugar and golden syrup in a small saucepan. Melt over a LOW heat, stirring with a wooden spoon. 2 Take the saucepan off the heat and place on a pan stand. 3 Mix in the oats and flour. Pour the mixture into the oiled foil container. 4 Press down the mixture with the back of a table-spoon. 5 Bake for 15 to 20 minutes until golden brown. 6 Mark into triangles with the round bladed knife. 7 Leave to cool completely before taking out of the container.



Food product:	ROCK BUNS
Ingredients:	<p>200g self raising flour 75g margarine 1 egg 75g caster sugar ¼ teaspoon cinnamon (optional) CHOOSE ONE: * 75g dried fruit * 50g chocolate chips * 50g glace cherries * 50g desiccated coconut</p> 
Equipment:	small bowl, fork, tablespoon, sieve, large mixing bowl, baking tray
Preparation:	<ol style="list-style-type: none"> 1 Wash hands and put on apron 2 Collect ingredients 3 Collect equipment 4 Pre-heat the oven to 200 °C. 5 Brush a baking tray with oil.
Method:	<ol style="list-style-type: none"> 1 Sieve the flour into a large mixing bowl. 2 Rub the margarine into the flour using your finger- tips. 3 Stir in the sugar and either the dried fruit, coconut, cherries or chocolate chips. 4 In a small mixing bowl beat the egg with a fork. 5 Add the egg to the flour mixture. The mixture must be firm enough to stand in heaps. 6 NOTE: If the mixture does not stick together add 1 or 2 tablespoons of water. 7 Divide the mixture into 10 rough heaps on a baking tray. 8 Bake for about 15 minutes until firm and golden brown.

