



Key Stage 3
Project 1

Food Studies

Recipes

Useful Information

You are required to provide your own ingredients, unless you have spoken with your food teacher and the technicians.

If you find you are unable to bring ingredients in, you must inform your food teacher by email 2 school days before the practical lesson.

Bring your ingredients to the food room before the start of form time.

Put the items that need to go in the fridge in the assigned fridge, and the rest of the ingredients on the black shelves by the board.

All containers and bags should be labelled with your full name and form group.

Remember to weigh out and prepare ingredients asked at home, or arrange coming in before the lesson.

Food must be collected at the end of the school day.

Dishes designed to eat warm should be thoroughly reheated before eating and must be reheated only once.

If you have any allergies, you must inform and remind your food teacher before the lesson to discuss recipe adaptations.

On all recipes * indicates the ingredient is provided by school.

Name:

Teacher:

Cooking on:

Recipe 1

Serves 2-3

Rainbow Salad

A vegetable couscous salad

Ingredients

100g couscous
½ vegetable stock cube
¼ cucumber
1 medium (or 5 small) tomatoes
or 50g tinned sweetcorn
½ pepper (red/orange/yellow)
1 spring onion
Dried or fresh herbs
2 tbsp. salad dressing or 1 tbsp
olive oil and 1 tbsp lemon
juice

Optional:

4 apricots/ 25g sultanas
6 olives
100g cheese
(feta/cheddar/mozzarella)

Method

1. Wash the vegetables
2. Place couscous in a large bowl.
3. Put the stock cube in a measuring jug and add 150ml of boiling water. Make sure you stir it.
4. Pour on top of couscous and leave for 5 minutes.
5. Chop the tomato and cucumber into small chunks.
6. Carefully slice the pepper and spring onion into small pieces.
7. Fluff the couscous with a fork,.
8. Add the vegetables, dressing and herbs, stir well.
9. Place in your container.

Equipment from home:

A plastic container to take your food home in.

Cooking on:

Recipe 2

Serves 2-3

Bolognese

A versatile sauce.

Ingredients

- 1 small white onion
- 1 clove garlic
- ½ carrot (grated)
- ½ pepper
- 200-250 minced
beef/pork/chicken/Quorn
- ½ tin (200g) chopped
tomatoes
- 1 tbsp tomato puree
- ½ tsp mixed herbs
- Salt & pepper *

Optional:

- 50g mushroom (chopped) /
courgette (grated)

Equipment from home:

A sealable plastic container to take your food home in.

Method

1. Prepare the vegetables by dicing the onion into small pieces and finely chopping the garlic. Prepare pepper by slicing into small pieces.
2. For meat: Dry fry the mince with the onion and garlic in a large pan. Cook for 5 minutes, stirring regularly until the meat has browned.
For Quorn: Put 2tbsp of oil in a large saucepan and cook the onion and garlic for 5 minutes until the onion goes translucent. Stir the Quorn in.
3. Stir in the remaining vegetables, tomato puree and tin of tomatoes. Add the herbs and season with salt and pepper according to taste.
4. Bring to the boil, then simmer for 20 minutes. Stir occasionally. If pan starts to stick, add a drop of water.
5. Place in container.
6. Serve with your favourite pasta at home!

Top Tip

To avoid staining your clear/white containers red or yellow, avoid reheating tomato or spicy dishes in the container. Wash the containers up in cold soapy water before washing again in hot soapy water.

Scones

Plain or fruit scones, perfect served with jam and a cup of tea!

Ingredients

300g self raising flour
60g butter or margarine
50g sugar
150 ml milk

Optional:

60g dried fruit
(raisins/chopped
apricots/chopped
glace cherries etc)

Method

1. Preheat oven to 210°C or gas mark 8.
2. Sieve the flour into a large mixing bowl.
3. Rub the butter or margarine into the flour until it resembles fine breadcrumbs.
4. Stir in the sugar and the dried fruit.
5. Gradually add $\frac{3}{4}$ of the milk a little at time, stirring it with a table knife to create a firm dough, it should not be sticky. If it is dry add a little bit more liquid.
6. On a floured surface, knead the mixture gently. Create a flattened circle of dough with your hands. It should be at least 2.5cm deep.
7. Using a palette or table knife divide the dough into 8 even sized triangles.
8. Transfer to a baking tray and glaze with the remaining milk.
9. Bake for 12-15 minutes until well-risen and golden brown.
10. Place on a cooling rack.

Equipment from home:

A container or food bag to take your food home in.

Top Tips

- Wrap margarine or butter in a piece of foil or greaseproof paper. Alternatively place in a small container.
- When using margarine, make sure you choose one that is suitable for baking and cooking. They will often say on their packaging that they are suitable. Very low-fat margarines are not suitable for baking due to their low-fat, high-water content.
- Milk or liquids should be transported in a leak proof container (e.g. screw top plastic bottle or a jam jar).