Year 7 Food + Nutrition: Food Technical Skills Book 2019-20

Name: ........................................................................
Teacher: .....................................................................
Technical Skills:
1. General practical skills
2. Knife skills
3. Preparing fruit and vegetables
4. Use of the cooker
5. Use of equipment
6. Cooking methods
7. Preparing, combining and shaping
8. Sauce making
9. Tenderising and marinating
10. Dough
11. Raising agents
12. Setting mixtures

Always remember your named container to take your product home in.

Please adapt the recipes to suit your families’ needs. Small quantities of ingredients e.g. herbs and oil are available to use in school

Please share ingredients with your friends.

Lost book?
Check the school website for the e-version:
- L drive/food/foodtechnicalsills/yr 7 (only from inside school)
**Personal Safety for the Food Rooms:**

1. Think safety of yourself and others. - Always follow the safety instructions given and use the equipment as taught.
2. Always tie long hair up and tuck ties in.
3. Tie up your apron.
4. Please don’t run.
5. Stack the stools logically and sensibly.
6. Be Knife aware – carry them with the blade pointing to the ground and never leave them in the washing up bowl.
7. Use a wooden triangle for hot trays and pans.
8. Always use oven gloves to put things in and take things out of the oven.
10. Never mix electricity with wet hands.
11. Turn hobs and ovens off after use. – remember the grill as well.

**Food Safety for the Food Rooms**

1. Always put only protein foods in the blast chillers before school starts *(Room open from 8.30am).*
2. Always wear an apron, remove jewellery and tie up long hair.
3. Wash hands with soap and water, dry with a paper towel before you start the practical work.
4. Use separate chopping boards for raw and cooked food.
5. Licking fingers during food preparation should not happen.
6. Do not sneeze or cough over food.
7. Use a clean tea towel to dry equipment.
8. Make sure your food is cooked properly and to a hot enough temperature.
9. Always wipe down the tables with a damp dishcloth after use.
10. Put protein based food in the Blast chiller after cooking – or on the trolley for staff to do this.
**Fruit Salad**

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 apple</td>
<td>Colander</td>
</tr>
<tr>
<td>1 pear</td>
<td>Tin plate</td>
</tr>
<tr>
<td>1 banana</td>
<td>Sharp knife</td>
</tr>
<tr>
<td>1 large orange</td>
<td>Chopping board</td>
</tr>
<tr>
<td>50g grapes</td>
<td>Citrus knife</td>
</tr>
<tr>
<td>200ml. pure fruit juice</td>
<td>Tablespoon</td>
</tr>
<tr>
<td>(1 x small carton)</td>
<td>Tin opener</td>
</tr>
</tbody>
</table>

**Optional**

<table>
<thead>
<tr>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>a slice of melon</td>
</tr>
<tr>
<td>small tin of pineapple in juice</td>
</tr>
</tbody>
</table>

**Method**

1. Pour your fruit juice into your container
2. Making a bridge with your hand, chop the apple into quarters and remove the core, DO NOT PEEL. Slice the apple into small bite sized pieces and put immediately into the fruit juice to prevent it from discolouring
3. Repeat step number 2 with the pear
4. Peel the banana and slice and put into the fruit juice
5. Halve grapes and place into the juice
6. Using a citrus knife slice off the top and bottom off the orange, place the flat end onto the chopping board and cut downwards in a barrel shape. When all the peel and pith has been removed segment the orange or cut into slices and place into the fruit juice. Pour any orange juice from your chopping board into your fruit salad
7. Mix well and put into your tub to take home
8. Wash up and clean work surfaces.

**d.o.p:**

Technical skills: 2, 3, 7

**NAMED CONTAINER WITH LEAKPROOF LID**
Dips

Ingredients | Equipment
--- | ---
100g cream cheese | Large mixing bowl
50ml single cream | Wooden/plastic spoon
2 spring onions | Chopping board
2 Tbsp fresh parsley, chives or mint | Sharp knife
1 garlic clove | Vegetable peeler
Vegetables – carrot/cucumber/celery | Garlic crusher

**NAMED CONTAINER WITH LEAKPROOF LID**

**Method**

1. Mix the cream into the cream cheese. The mixture should be light, but stiff enough to hold its shape
2. Finely chop the spring onions, fresh parsley, chives OR mint
3. Crush the garlic clove
4. Mix in the onion and herbs into the mixture, and season with salt and pepper
5. Prepare the vegetables, peel the carrots and cucumber, trim the celery and wash
6. Cut them all into finger-length sticks
7. Spoon the dip into your tub, and push the vegetables into it
8. Wash Up and clean work surfaces
### Rice Salad

**d.o.p:**
Technical skills: 1, 2, 4, 6, 7

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Dressing</th>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>100g long grain rice</td>
<td>1 Tbsp vinegar or lemon juice</td>
<td>Saucepan</td>
</tr>
<tr>
<td>1 large or 5 cherry tomatoes</td>
<td>2 Tbsp salad oil</td>
<td>Colander</td>
</tr>
<tr>
<td>25g sweetcorn</td>
<td>pinch of salt, sugar, mustard powder</td>
<td>Tablespoon/Wooden spatula</td>
</tr>
<tr>
<td>½ red pepper chopped</td>
<td></td>
<td>Chopping board</td>
</tr>
<tr>
<td><strong>Optional</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>75g grated or cubed cheddar cheese</td>
<td></td>
<td>Sharp knife</td>
</tr>
<tr>
<td>1 stick of celery chopped</td>
<td></td>
<td>Jug</td>
</tr>
<tr>
<td>2 slices of pineapple</td>
<td></td>
<td>Triangle pan stand</td>
</tr>
</tbody>
</table>

**NAMED CONTAINER**

**Method**

1. Cook the rice in boiling, salted water for 11 minutes. Drain and cool
2. Cut the washed tomato(es) into small pieces
3. Carefully mix all the ingredients.
Pasta Bake

Ingredients

1 tin tuna or mackerel
1 tin condensed tomato, mushroom or chicken soup
25g or 1 slice of bread
50g cheddar cheese grated
150g pasta

Equipment:

Ovenproof dish from home
Tin opener
Grater
Tin plate
Colander
Saucepan
Tablespoon/wooden spatula

NAMED CONTAINER
Triangle pan stand

Method

1. Oven on Gas 5 / Electric 180°C
2. Put a large pan filled with water onto boil. Once boiling, add pasta and cook on a slow rolling boil for 10-12 minutes.
3. Drain fish and place in ovenproof dish, open and pour soup over, mix in cooked pasta
4. Make bread into crumbs using the grater or blender and mix with grated cheese. Place over fish and pasta
5. Bake in the oven for 30 minutes until hot and lightly browned
Potato Salad  

Ingredients | Equipment
---|---
3-4 salad potatoes (small) | Saucepan
1 x Spring onion | Large bowl
2 x Tbsp Mayonnaise | Colander
½ Tsp mustard (optional) | Tablespoon

Method

1. Put potatoes in pan with water and cook until tender, then drain and leave to steam dry and cool
2. Chop the spring onions
3. Mix the mayonnaise and mustard together in a small bowl
4. Combine the potatoes and other ingredients in a bowl
5. Chill in fridge
**Pizza**

**d.o.p:**

Technical skills: 1, 2, 4, 7

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bagette</td>
<td>Tablespoon</td>
</tr>
<tr>
<td>2 x Tbsp tomato puree</td>
<td>Large bowl</td>
</tr>
<tr>
<td>1 x Tbsp ketchup</td>
<td>Pallet knife</td>
</tr>
<tr>
<td>100g grated cheese</td>
<td>Small bowl</td>
</tr>
<tr>
<td>Toppings- pepper, mushroom etc.</td>
<td>Chopping board</td>
</tr>
<tr>
<td></td>
<td>Baking tray</td>
</tr>
<tr>
<td></td>
<td>Sharp knife</td>
</tr>
<tr>
<td><strong>NAMED CONTAINER WITH FOIL TO WRAP</strong></td>
<td>Triangle pan stand</td>
</tr>
</tbody>
</table>

**Method**

1. Heat oven to Gas 6/ Electric 200°C
2. Mix the tomato puree and ketchup together in a small bowl
3. Cut the bagette in half and spread the tomato mixture over each half
4. Place on the baking tray and sprinkle over cheese
5. Use other ingredients to top the pizza
6. Bake for 10-12 minutes until bubbling
Fruity Small Cakes (Creaming Method)  

**d.o.p:** Technical skills: 1, 4, 5, 7, 11

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>50g self raising flour</td>
<td>Large mixing bowl</td>
</tr>
<tr>
<td>50g caster sugar</td>
<td>Measuring jug</td>
</tr>
<tr>
<td>50g margarine</td>
<td>Bun tin</td>
</tr>
<tr>
<td>1 egg</td>
<td>Fork</td>
</tr>
<tr>
<td>25g dried fruit</td>
<td>Plastic/wooden spoon/Hand mixer</td>
</tr>
<tr>
<td><strong>6 paper cases from home</strong></td>
<td>Teaspoon</td>
</tr>
<tr>
<td></td>
<td>Tablespoon</td>
</tr>
<tr>
<td></td>
<td>Spatula</td>
</tr>
<tr>
<td><strong>NAMED CONTAINER LARGE ENOUGH FOR 6 CAKES</strong></td>
<td>Triangle pan stand</td>
</tr>
</tbody>
</table>

**Method**

1. Heat oven to Gas 6 / Electric 200°C
2. Place 6 paper cases in the bun tin
3. Place margarine and caster sugar into a mixing bowl
4. Beat together until light and fluffy using a wooden spoon or hand mixer
5. Add egg and beat
6. Stir in flour
7. Add the dried fruit
8. Spoon the mixture into 6 paper cases evenly, scraping the bowl with a spatula
9. Bake for 15 minutes until golden and firm when touched.
Melting Moments

Ingredients

- 65g butter
- 40g white vegetable fat or lard
- 75g sugar
- 1 tsp vanilla extract
- ½ egg beaten
- 150g SR flour
- 5 Tbsp desiccated coconut or oats
- 3 glace cherries cut into small pieces

Equipment

- Baking tray
- Mixing bowl
- Wooden spoon
- Plate
- Fork
- Small bowl
- Bowl scraper
- Palette knife
- Triangle pan stand

Method

1. Oven on Gas 5 / Electric 180°C
2. Grease baking tray
3. Cream butter and fat with sugar until pale and fluffy. Beat in egg and vanilla
4. Stir in flour. Shape into walnut sized balls, roll in oats or coconut on a plate
5. Place on baking tray and flatten slightly, place a small piece of cherry on top. Bake for 10-15 minutes till pale golden brown and lightly firm to touch.
Rock Cakes

**d.o.p:**
Technical skills: 1, 4, 7

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>200g SR Flour</td>
<td>Large mixing bowl</td>
</tr>
<tr>
<td>75g Block margarine</td>
<td>Palette knife</td>
</tr>
<tr>
<td>75g Sugar</td>
<td>Fork</td>
</tr>
<tr>
<td>75g Dried fruit</td>
<td>Tablespoon</td>
</tr>
<tr>
<td>1 Egg</td>
<td>Baking tray</td>
</tr>
<tr>
<td>1-2 Tablespoons milk</td>
<td>Flour dredger</td>
</tr>
<tr>
<td></td>
<td>Jug</td>
</tr>
<tr>
<td></td>
<td>Triangle pan stand</td>
</tr>
</tbody>
</table>

**NAMED CONTAINER**

**Method**

1. Put oven on to Gas 6 / Electric 200°C
2. Flour a baking tray, using the flour dredger
3. Put flour into bowl, add margarine. Rub in
4. Add sugar, fruit, and stir to combine
5. Put egg into a jug and beat with a fork, add it to the flour mixture.
6. Gradually add half the milk (adding more if required) to make a stiff dough using a tablespoon
7. Place spoonfuls onto a floured baking tray, and bake for 10-15 minutes. Test: golden brown and lightly firm to touch
8. Remove from oven on to a pan stand
Fruit Crumble

**Ingredients**
- 500g fresh fruit e.g. 3 large apples
- 125g plain flour
- 125g porridge oats
- 125g sugar
- 125g butter or block margarine

**Equipment**
- Mixing bowl
- Tablespoon
- Table knife
- Chopping board
- Sharp knife
- Newspaper/tin plate (for rubbish)

**Technical skills:** 1, 2, 3, 4, 7

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**Method**

1. Put oven on Gas 5 / Electric 180°C
2. In a mixing bowl put flour, oats, sugar and butter cut into cubes
3. Rub in to give an even crumb mixture. Test! Shake the bowl
4. Prepare fruit and then put into the bottom of oven proof dish
5. Lightly spread crumble over the fruit and bake for 20 to 25 minutes. Test golden brown and lightly firm to touch.
Leek and Potato Soup

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 large leek</td>
<td>Chopping board</td>
</tr>
<tr>
<td>2 medium potatoes</td>
<td>Vegetable peeler</td>
</tr>
<tr>
<td>Stock cube</td>
<td>Saucepan</td>
</tr>
<tr>
<td>500ml water</td>
<td>Wooden spatula</td>
</tr>
<tr>
<td>Black pepper</td>
<td>Jug</td>
</tr>
<tr>
<td>NAMED CONTAINER WITH LEAKPROOF LID</td>
<td>Triangle pan stand</td>
</tr>
</tbody>
</table>

Method

1. Wash and peel leeks and potatoes
2. Chop into small chunks
3. Place in pan and add the stock
4. Heat until boiling
5. Turn down heat and cook gently for 30 minutes
6. Season with black pepper
Bread and Butter Pudding

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 slices of bread</td>
<td>Table knife</td>
</tr>
<tr>
<td>25g butter</td>
<td>Jug</td>
</tr>
<tr>
<td>175ml milk</td>
<td>Fork</td>
</tr>
<tr>
<td>1 egg</td>
<td>Chopping board</td>
</tr>
<tr>
<td>1 Tbsp sugar</td>
<td>Triangle pan stand</td>
</tr>
<tr>
<td>50g dried fruit</td>
<td></td>
</tr>
<tr>
<td>Nutmeg</td>
<td></td>
</tr>
</tbody>
</table>

**OVENPROOF CONTAINER**

**NAMED CONTAINER**

**Method**

1. Oven Gas 5/ Electric 180°C
2. Grease ovenproof dish with a little of the butter, then spread the rest onto the bread, cut into triangles
3. Put a layer of bread into the dish and sprinkle with some sugar and fruit continue until all is used and bread is the top layer
4. Beat eggs in a jug and mix in milk, then, pour the mixture onto bread layers, leave to soak if there is time. Sprinkle grated nutmeg on top
5. Bake for 30-40 minutes until set and golden brown.
Fajitas

**d.o.p:**
Technical skills: 1, 2, 4, 6, 7, 9

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Small chicken breast (or 3-4 thighs)</td>
<td>Juicer</td>
</tr>
<tr>
<td>1 Clove Garlic</td>
<td>Garlic crusher</td>
</tr>
<tr>
<td>½ Green Chilli</td>
<td>Sharp knife</td>
</tr>
<tr>
<td>Small bunch coriander</td>
<td>Chopping board</td>
</tr>
<tr>
<td>2 x tsp oil</td>
<td>Large bowl</td>
</tr>
<tr>
<td>½ lime</td>
<td>Wok or deep sided frying pan</td>
</tr>
<tr>
<td>½ onion</td>
<td>Plate</td>
</tr>
<tr>
<td>½ green pepper</td>
<td>Wooden spatula</td>
</tr>
<tr>
<td>1 tomato</td>
<td>Tablespoon</td>
</tr>
<tr>
<td>2 tortillas</td>
<td>Newspaper for rubbish</td>
</tr>
</tbody>
</table>

**OPTIONAL** 1 TBS guacamole or salsa

**NAMED CONTAINER WITH FOIL**

**Method**

1. Juice the lime, peel & crush the garlic, de-seed and slice the chilli, chop the coriander.
2. Remove any skin from the chicken and cut the meat into strips.
3. Slice the onion and green pepper, chop the tomato.
4. Add the chicken to the wok and stir-fry for about 4 minutes. Check that the chicken is cooked. Add the lime juice, coriander, garlic and chilli seasonings then add the onion and green pepper, continue to cook for a further 2 minutes
5. Warm the tortillas in a microwave for 20 seconds, then lay flat on a plate
6. Put some chicken in the centre of the tortilla, add some tomato and guacamole and then roll up
Sausage Rolls

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>225g sausage meat</td>
<td>Rolling pin</td>
</tr>
<tr>
<td>1 beaten egg</td>
<td>Flour dredger</td>
</tr>
<tr>
<td>375g ready-made puff or short crust pastry</td>
<td>Baking tray</td>
</tr>
</tbody>
</table>

Method
Put oven on to Electric 220°C / Gas 7

1. Flour a baking tray or line with baking parchment
2. Flour your work surface and roll the pastry out thinly into an oblong about 25cm wide. Cut it into two equal strips
3. On a floured surface cut the meat in half and roll it into two ‘sausages’ as long as the strips of pastry, or use wet hands to divide and form two sausages. Lay them down the centre of the pastry strips
4. Break the egg into a jug and lightly beat with a fork
5. Brush the sides of the strips of pastry with the egg. Fold one side of each strip over the sausage meat and press the pastry edges firmly together
6. Cut the rolls into small pieces, brush them with beaten egg and cut two slits in the top of each one
7. Put them on a baking tray and bake for 20-25 minutes until golden brown

NAMED CONTAINER: Triangle pan stand
Custard

Ingredients
- 500ml Milk
- 2 x Tbsp custard powder
- 1 x Tbsp sugar

Equipment
- Saucepan
- Measuring jug
- Whisk
- Wooden spoon
- Large bowl
- Tablespoon
- Triangle pan stand

NAMED CONTAINER WITH LEAKPROOF LID

Method
1. Mix a little of the milk with the custard powder and sugar in the mixing bowl
2. Heat the remaining milk nearly to the boil
3. Pour the hot milk over the custard powder mixture, whisking all the time
4. To thicken the custard, return to the saucepan and bring to the boil, whisking all the time