



**HEART OF ENGLAND**  
Creating Futures



# **Year 7 Food + Nutrition:** Food Technical Skills Book 2022-23

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:

- [Academic/Design and Technology/Recipe Books/2022-23 Year 7 Food Technical Skills Book](#)
- L drive/food/foodtechnicalskills/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.
9. Inform staff of any spillages.
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

**d.o.p:**

Technical skills: 2, 3, 7

Ingredients	Optional	Equipment
1 apple	a slice of melon	Colander
1 pear	small tin of pineapple in juice	Tin plate
1 banana		Sharp knife
1 large orange		Chopping board
50g grapes		Citrus knife
200ml. pure fruit juice (1 small carton)		Tablespoon
		Tin opener

**NAMED CONTAINER  
WITH LEAKPROOF LID**

## Method

1. Pour the 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 the grapes and place into the juice
6. Using a citrus knife slice 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.



## Dips

**d.o.p:**

Technical skills: 1, 2, 3, 7

<b>Ingredients</b>	<b>Equipment</b>
100g cream cheese	Large mixing bowl
50ml single cream	Wooden/plastic spoon
2 Tbsp fresh herbs Either Parsley, Chives <u>or</u> Mint	Chopping board
1 garlic clove	Sharp knife
Vegetables to eat dip with carrot/cucumber/celery	Vegetable peeler
	Garlic crusher
<b>NAMED CONTAINER WITH LEAKPROOF LID</b>	Tin plate with newspaper

## Method

1. Mix the cream into the cream cheese. The mixture should be light, but stiff enough to hold its shape
2. Finely chop fresh parsley, chives OR mint
3. Crush the garlic clove
4. Mix the herbs, garlic and spring onions 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 the vegetables 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

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

### 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.
4. Blend dressing ingredients in a jug.
5. Pour dressing over salad.



## Pasta Bake

**d.o.p:**

Technical skills: 1, 4, 6, 7

<b>Ingredients</b>	<b>Equipment:</b>
1 tin tuna or mackerel	<b>Ovenproof dish from home</b>
1 tin condensed tomato, mushroom or chicken soup or pasta sauce	Tin opener
1 slice of bread	Grater
50g cheddar cheese grated	Tin plate
150g pasta	Colander
	Saucepan
	Tablespoon/wooden spatula
<b>NAMED CONTAINER</b>	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 on the top of fish and pasta
5. At home bake in the oven for 30 minutes until hot and lightly browned



## Potato Salad

**d.o.p:**

Technical skills: 1, 2, 3, 4, 6, 7

<b>Ingredients</b>	<b>Equipment</b>
3-4 salad potatoes (small)	Saucepan
1 x Spring onion	Large bowl
2 x Tbsp Mayonnaise	Small bowl
½ Tsp mustard (optional)	Tablespoon
	Chopping board
	Knife
	Colander
<b>NAMED CONTAINER WITH LEAKPROOF LID</b>	Triangle pan stand

## Method

1. Put potatoes in the 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 the large bowl
5. Put into your container
6. Chill in fridge



## Pizza

**d.o.p:**

Technical skills: 1, 2, 4, 7

<b>Ingredients</b>	<b>Equipment</b>
Baguette	Tablespoon
2 x Tbsp tomato puree	Sharp knife
1 x Tbsp ketchup	Pallet knife
100g grated cheese	Small bowl
Toppings- pepper, mushroom etc.	Chopping board
	Baking tray
	Triangle pan stand
<b>NAMED CONTAINER WITH FOIL TO WRAP</b>	

## 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 baguette 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

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

### **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

**d.o.p:**

Technical skills: 1, 4, 5, 7, 11

<b>Ingredients</b>	<b>Equipment</b>
65g butter	Baking tray
40g white vegetable fat	Mixing bowl
75g sugar	Wooden spoon
1tsp vanilla extract	Plate
½ egg beaten	Fork
150g SR flour	Small bowl
5 Tbsp desiccated coconut or oats	Bowl scraper
3 glace cherries cut into small pieces	Palette knife
	Triangle pan stand
<b>NAMED CONTAINER</b>	

## 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

<b>Ingredients</b>	<b>Equipment</b>
200g Self-Raising Flour	Large mixing bowl
75g Block margarine	Palette knife
75g Sugar	Fork
75g Dried fruit	Tablespoon
1 Egg	Baking tray
1-2 Tablespoons milk	Flour dredger
	Jug
	Triangle pan stand
<b>NAMED CONTAINER</b>	

## 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 baking tray from oven, put on to a pan stand



## Fruit Crumble

**d.o.p:**

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

<b>Ingredients</b>	<b>Equipment</b>
500g fresh fruit e.g. 3 large apples	Mixing bowl
125g plain flour	Tablespoon
125g porridge oats	Table knife
125g sugar	Chopping board
125g butter or block margarine	Sharp knife
	Newspaper/tin plate (for rubbish)
<b>SMALL OVENPROOF DISH</b>	Triangle pan stand
<b>NAMED CONTAINER</b>	

## 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.
6. Test: golden brown and lightly firm to touch.



## Leek and Potato Soup

**d.o.p**

Technical skills: 1, 2, 3, 4, 5

<b>Ingredients</b>	<b>Equipment</b>
1 large leek	Chopping board
2 medium potatoes	Vegetable peeler
Stock cube	Sharp knife
500ml water	Wooden spatula
Black pepper	Jug
	Saucepan
<b>NAMED CONTAINER WITH LEAKPROOF LID</b>	Triangle pan stand

### 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

**d.o.p:**

Technical skills: 1, 4, 7, 12

<b>Ingredients</b>	<b>Equipment</b>
2 slices of bread	Table knife
25g butter	Jug
175ml milk	Fork
1 egg	Chopping board
1 Tbsp sugar	Triangle pan stand
50g dried fruit	
Nutmeg	
<b>OVENPROOF CONTAINER</b>	
<b>NAMED CONTAINER</b>	

### Method

1. Oven Gas 5/ Electric 180°C
2. Grease ovenproof dish with a little of the butter, then spread the rest of the butter onto the bread, cut bread into triangles
3. Put a layer of bread into the dish and sprinkle with some sugar and fruit, continue layering with bread as the top/final 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

<b>Ingredients</b>	<b>Equipment</b>
1 Small chicken breast (or 3-4 thighs)	Juicer
1 Clove Garlic	Garlic crusher
½ Green Chilli	Sharp knife
Small bunch coriander	Chopping board
2 x tsp oil	Large bowl
½ lime	Wok or deep sided frying pan
½ onion	Plate
½ green pepper	Wooden spatula
1 tomato	Tablespoon
2 tortillas	Newspaper for rubbish
<b>OPTIONAL</b> 1 TBS guacamole or salsa	
<b>NAMED CONTAINER WITH FOIL</b>	

## 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. Put the tortilla wraps on a plate
6. Put some chicken in the centre of the tortilla, add some tomato and guacamole and then roll up



## Sausage Rolls

**d.o.p:**

Technical skills: 1, 4, 7

<b>Ingredients</b>	<b>Equipment</b>
225g sausage meat	Rolling pin
1 beaten egg	Flour dredger
375g ready-made puff or short crust pastry	Baking tray
	Pastry brush
	Knife
	Scissors
	Jug
	Fork
<b>NAMED CONTAINER</b>	Triangle pan stand

## Method

1. Put oven on to Electric 220°C / Gas 7
2. Flour a baking tray or line with baking parchment
3. Flour your work surface and roll the pastry out thinly into an oblong about 25cm wide. Cut it into two equal strips
4. 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
5. Break the egg into a jug and lightly beat with a fork
6. 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
7. Cut the rolls into small pieces, brush them with beaten egg and cut two slits in the top of each one
8. Put them on a baking tray and bake for 20-25 minutes until golden brown



## Custard

**d.o.p:**

Technical skills: 1, 4, 7, 8, 12

Ingredients	Equipment
500ml Milk	Saucepan
2 x Tbsp custard powder	Measuring jug
1 x Tbsp sugar	Whisk
	Wooden spoon
	Large bowl
	Tablespoon
<b>NAMED CONTAINER WITH LEAKPROOF LID</b>	Triangle pan stand

## 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