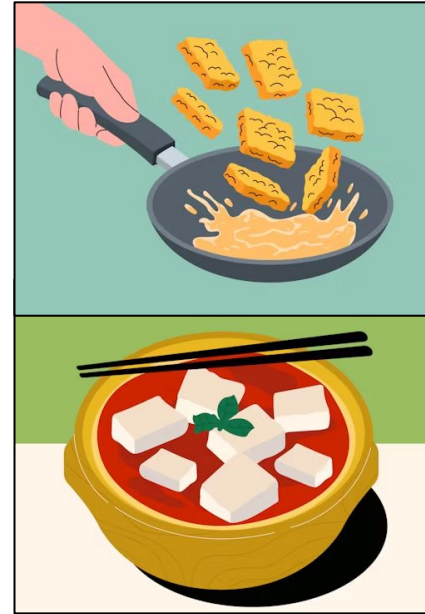
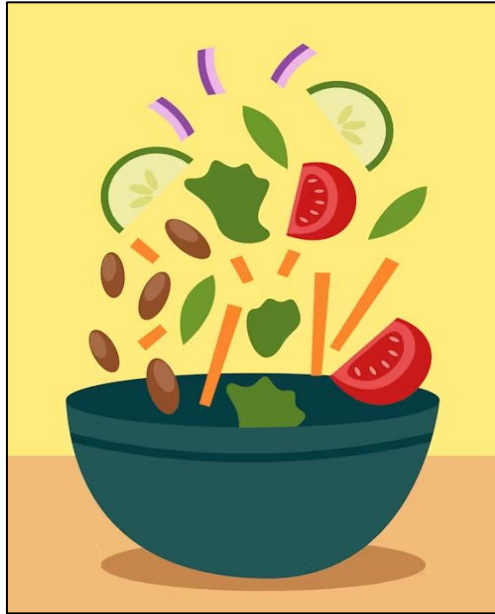
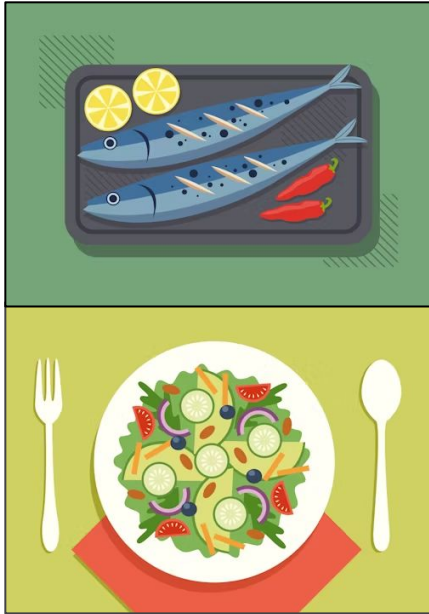


Year 7 Food Technology

Recipe book 2025 - 2026



Please note the recipes are **not** in order.

Your food technology teacher will upload the name and date of the recipe you are making in **Arbor** before your practical lessons.

Please remember to bring the
correct type of container for the dish being made
(e.g. ovenproof dish or container with a lid) each practical lesson
so you can take your food home.
We are not able to provide spare/extra containers
due to a lack of storage.



Food Technology Recipes Year 7

Fruit salad



Vegetable tartlets



Scones



Apple crumble



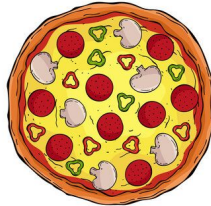
Macaroni cheese



Blueberry muffins



Pizza



Pasta bake



Flapjacks



Popcorn chicken in wraps



Breakfast muffin



Breakfast trifle



Sausage roll up



Smoothie



Breakfast project

Health and safety in the Food Technology kitchen

Knife and sharp objects health and safety:

- Hold a knife by the handle with the point downwards when taking it to and from your work area
- When you have finished using your knife or sharp objects (peeler) ensure there are no other pieces of equipment in your sink. Wash and dry them and return them to your teacher
- If you are not sure how to use a knife or sharp object correctly ALWAYS ask your teacher.

Electrical equipment health and safety:

- Before touching small pieces of electrical equipment (e.g. whisks/ blenders) make sure your hands are dry
- When you finish using equipment turn it off and unplug it.
- Focus when using electrical equipment. Do not let other people distract you
- Listen to your teacher when they explain how to use equipment safely
- Never place electrical equipment in water
- Return the equipment to your teacher

Oven health and safety:

- Stand to one side before opening a oven door to allow the hot air to escape.
- Use oven gloves to place or take out your food from the oven
- Do not touch hot metal baking trays with your hands, leave them to cool down.
- Turn your cooker off/ to 0 when you have finished using it

Hob health and safety:

- Ensure saucepan handles are turned inwards so you do not knock them and burn yourself.
- Do not use a metal spoon to stir your ingredients on the hob. Metal conducts heat and you will burn your hands. Choose a plastic spoon instead.
- Never leave your food on the hob unattended. Ensure you are watching it so it does not burn or spill over.
- At the end of a practical when you hob has cooled down make sure there are no bits of food on the surface.
- Turn your hob off/to 0 when you have finished using it



Fruit Salad recipe

Ingredients

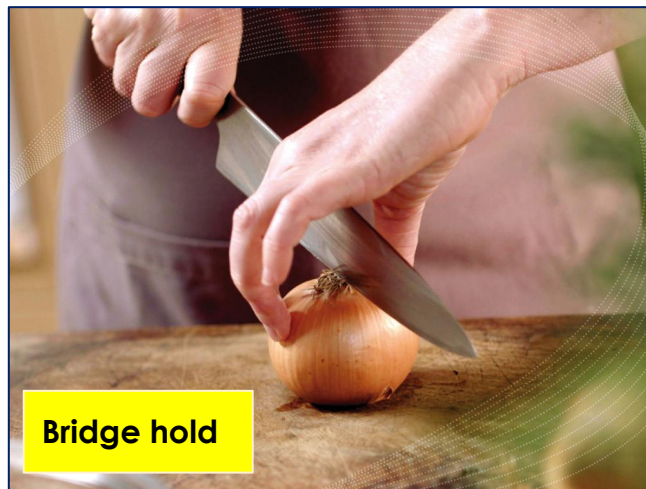
2 - 3 pieces of soft fruit
E.g. banana, strawberry,
raspberry, mango, orange,
tangerine, kiwi, grapes,
blueberries etc
Small carton of fruit juice (any
flavour)



Step-by-step (method)

- | | |
|---|---|
| 1 | <i>Prepare your fruit</i>
Using a chopping board and sharp knife peel and slice your fruit into even shaped pieces.
Remember to use the claw grip and bridge hold knife techniques you learnt in class. |
| 2 | Place the fruit into your container and pour the fruit juice over the top. |

Remember to bring in a container **labelled with your name** on so you can take your food home safely.



Vegetable tartlets

Ingredients for vegetable tart

Ready rolled puff pastry (375g)

100g cream cheese

1/2 pepper

1/2 red onion

25g grated cheddar cheese

3 cherry or plum tomatoes or 3 large tomatoes sliced

1/2 teaspoon Dijon mustard

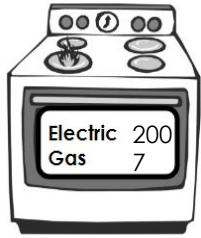
Optional: 45g feta cheese & basil leaves

Food skills **highlighted**



Step-by-step (method)

1	Preheat the oven Gas 7/ Electric 200
2	Preparation: Peel and dice your onion into small pieces Wash and slice your pepper and tomatoes
3	Place the puff pastry (using the paper it comes on) onto a baking tray. Use a fork to mark the middle of each square
4	Score about ½ cm around the edge
5	Open your cream cheese and drain in the sink any excess water
6	Spread the cream cheese in the centre of each pastry square
7	Arrange your vegetables on top of the pastry
8	Place some grated cheese over the vegetables
9	Place in the oven and bake for approx 12 - 15 mins until golden



Remember to bring in a container with a lid so you can take your food home.



Ambitious ● Caring ● Equal
#proudtobeUCC



Apple Crumble

Ingredients

150g plain flour
75g butter or block margarine
75g caster sugar
2 cooking apples or 3 eating apples (you could use pears)
1 level teaspoon of cinnamon

Optional: 25g sultanas or raisins

Food skills **highlighted**

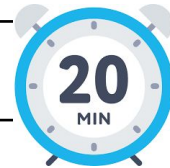
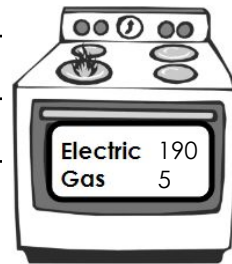


You will need an **oven proof dish** (with a lid or covering) approx 20 cm to cook and carry your food home.



Step-by-step (method)

- | | |
|---|---|
| 1 | Preheat the oven 190 c electric / Gas 5 |
| 2 | PREPARE THE APPLES
Core and peel your apples into the same size pieces (using the bridge hold and claw grip knife techniques) |
| 3 | Arrange the apple slices on the bottom of your oven proof dish so they slightly overlap |
| 4 | Sprinkle with 25g of sugar (NOT all of the sugar) over the apples (add optional sultanas or raisins) |
| 5 | PREPARE THE TOPPING
In a mixing bowl, using your fingertips rub in the butter into the flour until it resembles breadcrumbs |
| 6 | Stir in the remaining sugar |
| 7 | Sprinkle the topping evenly over the apples.
Press the top lightly with a fork. |
| 8 | Bake in the oven for approx. 20 - 25 minutes until the apples are soft and the top is golden. |



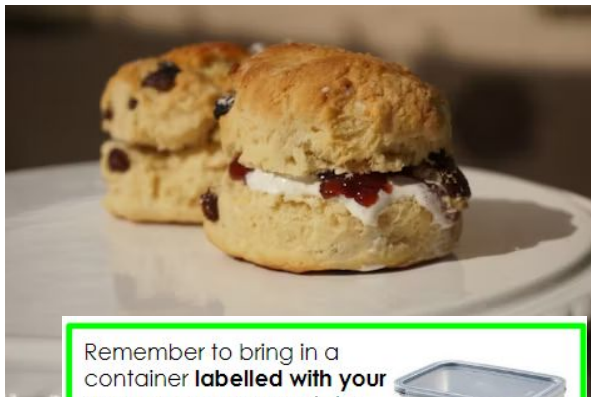
Scones

Ingredients

400g Self raising flour
100g salted butter
100g Sugar
80g dried fruit
300ml milk

Optional:

Cheese scones - 80g grated cheese
(No sugar with cheese scones)

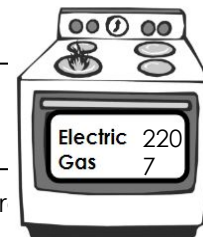


Remember to bring in a container **labelled with your name** on so you can take your food home safely.



Step-by-step (method)

Weigh and measure your ingredients
Preheat your **oven: Electric 220/ Gas 7**



1.Sieve the flour into a mixing bowl. Rub-in the butter using your fingertips to create a breadcrumb texture. Add sugar and fruit. No sugar with cheese

2.Add your milk bit-by-bit to your mixture **stirring** all the time.
Mix to a soft but NOT sticky dough.

3.Place a small amount of flour on your worktop. Make a ball and pat down with your hand to the size of the cutter

4.Roll out your dough to a 2cm thickness. **Cut out** rounds using a medium cutter.

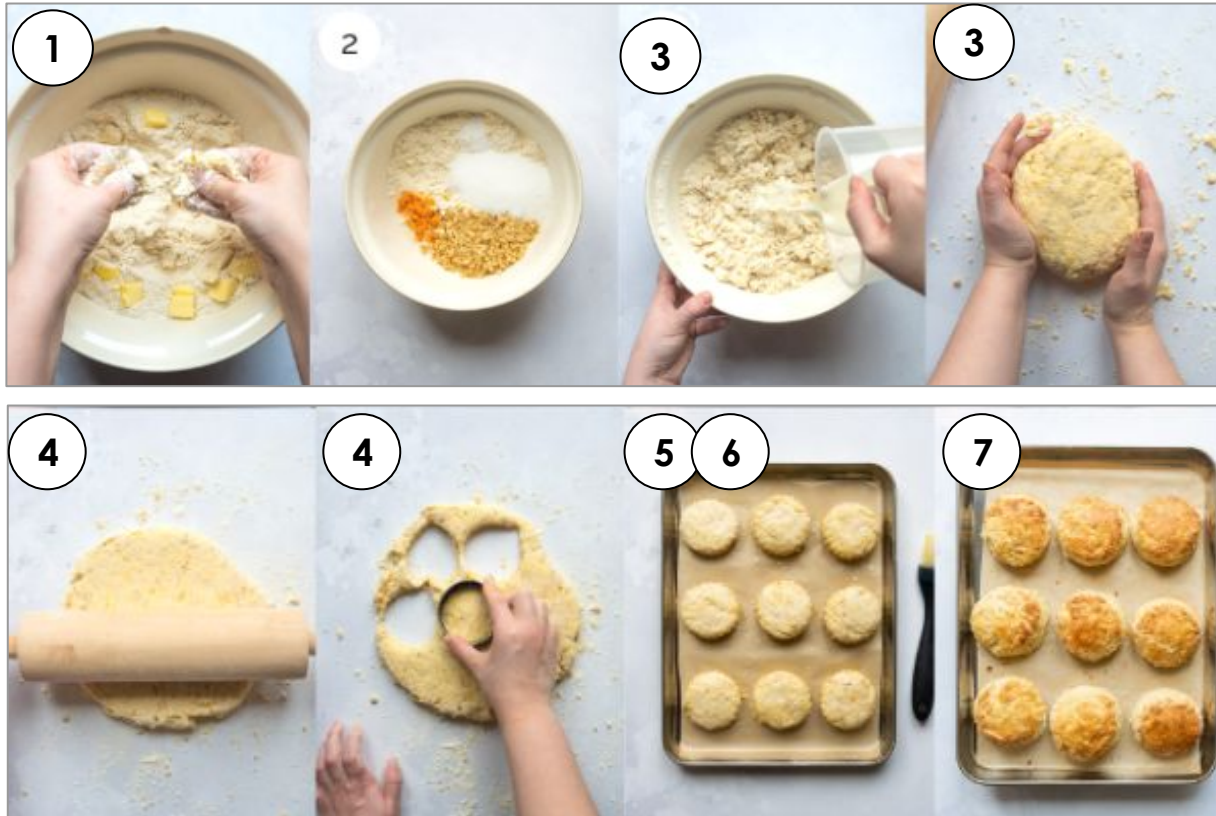
5.Place the scones onto a piece of greaseproof paper on a baking tray. Space them out.

6.Brush the top of the scones lightly with your milk to glaze them (helps them to rise)

7.Bake in the oven (middle shelf) for approx 10-12 minutes until golden brown. Cool on a wire rack.



Step-by-step of how to make scones



Macaroni cheese

Ingredients

100g macaroni pasta
100g cheddar cheese
25g butter or soft spread
25g plain flour
250ml semi-skimmed milk
Black pepper (S)

Optional:

1 tomato for decoration

Food skills **highlighted**

You will need an **oven proof dish** (with a lid or covering) approx 20 cm to cook and carry your food home.



Step-by-step (method)	Quality control checks (QCC)
Mise-en-place Weigh and measure your ingredients	Hygiene - tie hair back, put an apron on, wash and dry your hands`
1.Half fill a saucepan with cold water and a pinch of salt. Bring to the boil , add the pasta and turn down the heat and simmer for 8 - 12 mins	Boil - bubble. Simmer - lower temperature The pasta will be cooked when it is al-dente (cooked to be firm to the bite)
2. Drain the water from the pan and place the pasta in your container	Safety - make sure the sink is empty before emptying your saucepan.



Macaroni cheese

Step-by-step (method)	Quality control checks (QCC)
Cheese sauce	
3.Prepare your ingredients: - grate your cheese - weigh and measure flour, butter & milk	Accurately measure your ingredients to ensure you get the right texture.
4.Place the flour, butter and milk a little at a time into a saucepan STIR continuously until thickens	Safety - Turn your pan handle inwards to avoid accidents. Turn the hob off when your food is cooked.
5.REMOVE your thickened sauce from the heat (hob) & stir in the grated cheese.	Wash and clean all of your equipment in hot, soapy water and dry it thoroughly.
6.Add the sauce to your pasta and stir.	



Blueberry muffins

Ingredients

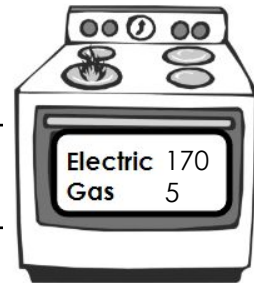
100g caster sugar
100g butter
100g self-raising flour
100g blueberries
2 eggs
1 teaspoon of vanilla extract
Cake cases (12)

Food skills **highlighted**

Makes approx 8 - 10 cakes



Remember to bring
in a container with
a lid so you can take
your food home.



1	Mise-en-place (preparation): Preheat the oven 170 c electric / Gas 5
2	Put 12 paper cake cases in a 12-hole bun tin
3	Weigh the sugar and butter into a mixing bowl and cream using a wooden or plastic spoon.
4	Break the eggs into a small bowl (spoon out any bits of shell that fall in) and whisk them together using a fork. Add the eggs and vanilla extract to the mixture.
5	Sieve the flour and fold into the mixture using a tablespoon
6	Wash the blueberries and add to the mixture
7	Divide the mixture between the cases using a spoon and teaspoon Bake for approx 15 minutes in the oven until golden brown Place on a wire rack to cool



Pasta bake

Ingredients

½ onion
1 clove garlic
½ pepper
400g can of tomatoes
100g dried pasta (any type)
50g cheddar cheese (grated)
1 tablespoon oil (25ml)
Salt and black pepper to season

SERVES 2 PEOPLE

Optional: 100g mushrooms, 1 small tin of tuna, 1 small tin of sweetcorn, 50g chorizo

Food skills **highlighted**

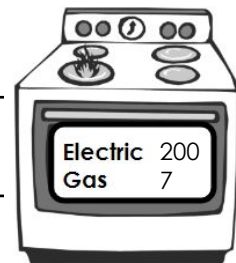


You will need an **oven proof dish** (with a lid or covering) approx 20 cm to cook and carry your food home.



Step-by-step (method)

- | | |
|----|--|
| 1 | Pasta preparation: Put a saucepan half full of cold water on the hob (add a pinch of salt) and bring to the boil |
| 2 | Once the water boils add the pasta |
| 3 | Turn down the heat and simmer until the pasta is al-dente, approx 12 min |
| 4 | Place your colander in an empty sink and drain the hot water CAREFULLY from the pasta |
| 5 | Place the pasta into your container.
Re-use the saucepan for your sauce |
| 6 | Sauce preparation:
-Open your can of tomatoes, peel and dice the onion, peel and finely slice your garlic, dice your pepper |
| 7 | Heat the oil in a saucepan and fry the onion and garlic for 2 minutes until soft |
| 8 | Add the can of tomatoes, boil and simmer for approx 15 min |
| 9 | Add salt and pepper to taste |
| 10 | Place pasta and sauce in an ovenproof dish, sprinkle with grated cheese (and optional breadcrumbs) Bake in the oven for approx 10 minutes |



Pizza

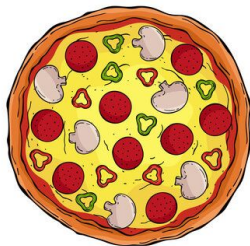
Ingredients

225g strong white flour
½ sachet quick rising yeast
12g butter
½ tsp (teaspoon) salt
150ml warm water

Topping

100ml passata
150g cheddar cheese
Any other toppings you would like to add (no raw meat)

Food skills
highlighted

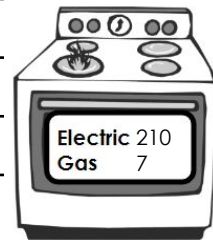


Remember to bring in a container **labelled with your name** on so you can take your food home safely.



Step-by-step (method)

1	Preheat the oven Electric 210c/Gas 7
2	Add greaseproof paper to your baking tray
3	Making the base: Weigh and sieve flour and butter into a mixing bowl. Rub-in the butter using your fingertips
4	Add the ½ sachet of yeast and pinch of salt to the mixture and stir
5	Make a well shape in the middle of your mixing bowl. Measure your warm water and bit by bit add it to your mixture stirring all the time (YOU MAY NOT NEED ALL OF YOUR WATER) until you get a firm, not sticky dough.
6	Bring the mixture together with a spatula to form a dough
7	Sprinkle flour on your work surface using a flour dredger) and knead the dough for approx. 5 mins. <i>AVOID adding too much flour to the work surface else it will make the dough DRY.</i>
8	Roll out the dough using a rolling pin to the size you would like it and place it on your baking tray.



9	TOPPING - Use a palette knife to spread the passata over the base
10	Grate the cheese and sprinkle over the base. Add any other toppings
11	Bake in the oven (middle shelf) for approx 10 minutes until the cheese is golden brown (smaller pizzas may cook quicker)



Flapjacks

Ingredients

75g butter or margarine
75g Demerara sugar
4 - 5 tablespoons golden syrup
250g rolled oats (not giant oats)
50g dried fruit (e.g. sultana's,
cranberries, raisins, apricots)

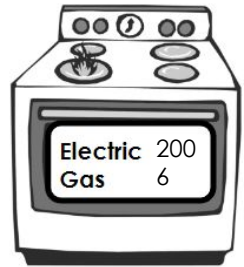
PLEASE DO NOT BRING NUTS

Food skills **highlighted**



Step-by-step (method)

- | | |
|---|---|
| 1 | Preheat the oven 200c degrees electric / Gas 6 |
| 2 | Place a piece of greaseproof paper in your baking tray |
| 3 | Weigh and measure the syrup, butter/margarine and sugar into a saucepan on the hob and gently simmer (low heat) , stirring with a spatula all the time until the all the ingredients have melted . |
| 4 | Remove the saucepan from the heat and add your oats. Mix together and turn into the baking tray. Use a fork to press down the mixture to make it even |
| 5 | Bake in the oven for 20 minutes until golden. |
| 6 | LEAVE TO COOL, else the mixture will fall apart
When cool cut into slices |



Remember to bring in a container **labelled with your name** on so you can take your food home safely.



Popcorn chicken in wraps with an optional side dish of potato wedges

Ingredients

- 1 - 2 chicken breasts
- 1 tablespoon (25g) plain flour
- 2 eggs
- 150g dried breadcrumbs
- 2 - 3 tbsp oil
- ¼ teaspoon chicken/garlic seasoning
- salt and pepper to taste

2-3 tortilla wraps

Optional: chicken/garlic/chilli flakes seasoning

Food skills **highlighted**



You will need an oven proof dish (with a lid or covering) approx 20 cm to cook and carry your food home.

Step-by-step (method)

Mise-en-place (preparation)

Preheat the oven: Electric 200/ Gas 7

Place a piece of greaseproof paper on your baking tray

Plate 1 - add the flour with salt & pepper and optional seasoning

Bowl 2 - beat the egg until smooth

Plate 3 - tip half the breadcrumbs onto a plate

1. On a **RED** chopping board, **slice** your chicken into the same size pieces

2. **Enrobe (coat)** each chicken piece:

First - flour

Second - egg (beaten)

Third - breadcrumbs (press firmly on both sides of the chicken)

3. Space out the chicken on the baking tray. **Bake** for 15 minutes turning half way

4. Place several pieces of chicken in a wrap with optional sauce and fold

Hygiene - avoid cross contamination by separately washing and drying any equipment that has come into contact with raw meat.



Safety - use a temperature probe to check your chicken is cooked 74c or over.

Remember to keep raw and cooked meat separate.



Garlic mayo sauce

Ingredients

110g mayonnaise
2 cloves of garlic
Pinch of salt

Food skills **highlighted**

Method

1. **peel** and finely **diced** the garlic
2. place garlic, mayo and salt into a mixing bowl and **stir** well to combine



Remember to bring
in a container with
a lid so you can take
your food home.



OR

Potato wedges

Ingredients

200g potatoes
Pinch of salt

Food skills **highlighted**

Method

Preheat the oven to Electric 200/ Gas 6

1. **peel** and **slice** the potatoes into **wedge** shapes.
2. Place on a baking tray, season and **bake** in the oven for approx 15 minutes turning once.



Breakfast project



Breakfast trifle

Ingredients

75g muesli
60ml apple juice
225g strawberry yoghurt
175g mixed seasonal fruits

Serves 2

Step-by-step (method)

1	Weigh and measure all your ingredients Slice and dice into small cubes your fruit
2	Place the muesli in the base of your two glasses
3	Spoon two tablespoons of apple juice over each
4	Spoon over the yoghurt and top with fruit

Food skills **highlighted**

No glass containers
please



You will need a water bottle to take your food home **OR** a round container with a lid.



Breakfast muffins

Ingredients

100g carrot, apple or pear
255g self-raising flour
10 ml baking powder
100g white caster sugar
10ml ginger, cinnamon or mixed spice
1 egg
240 ml semi skimmed milk
90 ml vegetable oil
8 - 10 muffin cases (or 10 paper cake cases)

Makes 8 - 10 muffins

Food skills **highlighted**

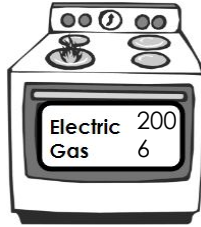


Remember to bring in a container with a lid so you can take your food home.



Step-by-step (method)

- | | |
|---|--|
| 1 | Preheat the oven to 200c/ Gas 6
Line your muffin tin with paper cases
Prepare fruit or vegetables:
- cut the top and bottom (trim) th carrot and peel
-wash the apple or pear (do not peel)
- grate the carrot, apple or pear & put aside in a small bowl |
| 2 | In a large bowl, sift together: flour, baking powder and sugar along with the ginger, cinnamon or mixed spice |
| 3 | Crack the egg into a jug and whisk with a fork
Wash hands after touching raw egg |
| 4 | Stir in milk and oil (into the jug) |
| 5 | Pour all liquid ingredients into the dry mixture.
Stir just until combined, scraping sides and bottom of the bowl as you stir.
Mixing should take about 30 seconds
The batter will be lumpy but no dry flour should be visible (seen)
DO NOT OVER STIR |
| 6 | Add the grated carrot, apple or pear and mix gently |
| 7 | Divide the mixture equally among the muffin cases
Bake 20 - 25 minutes (middle shelf of the oven) |



Smoothie

Ingredients

Soft fruits

For example:

- 6 large strawberries & 1 banana
- 1 banana and 80g soft fruits (strawberries, blueberries, raspberries, mango)
- 150ml milk

Optional:

1 small pot of natural yoghurt to make the smoothie thicker

Food skills highlighted



Method

- | | |
|---|--|
| 1 | Mise-en-place (preparation):
Wash all your fruit |
| 2 | Collect your equipment
Peel and slice/dice your fruit to the same size pieces on a chopping board using the bridge hold or claw grip knife techniques |
| 3 | Measure out your milk in a measuring jug |
| 4 | Place your fruit into the measuring jug
(and optional yoghurt) |
| 5 | Ask your teacher to blend the mixture (you can do this once you have been shown by your teacher) |
| 6 | Pour into your bottle/flask |
| 7 | Clean your dishes and work space |

Equipment: white chopping board, knife, colander, measuring jug, weighing scales, blender



Breakfast sausage roll-ups

Ingredients

1 packet ready rolled puff pastry (375g)
8-10 chipolata sausages
1 egg (yolk)
Salt and pepper

Optional:

1 tablespoon red onion marmalade
1 tablespoon wholegrain mustard
2 tablespoons tomato puree

1 tablespoon sesame seeds

Food skills highlighted



Remember to bring
in a container with
a lid so you can take
your food home.



Step-by-step (method)

- | | |
|---|--|
| 1 | Preheat the oven electric 180/ Gas 6
Place a piece of greaseproof paper on a baking tray
Place the chipolatas on the top
Bake in the oven for approx. 15 minutes  |
| 2 | Meanwhile unroll the pastry and cut into the same size triangles |
| 3 | Mix the OPTIONAL onion marmalade, tomato puree and mustard in a small bowl and spread some over each dough triangle. |
| 4 | When chipolatas are cooked leave for 5 minutes to cool down. |
| 5 | Lay a sausage over the wide edge of each dough triangle and roll up
Arrange on your baking tray |
| 6 | Beat the egg in a small bowl with a fork (add optional sesame seeds)
Brush over the top of each roll-up
Bake 10 - 15 minutes (middle shelf of the oven)  |

