



PLEASE
REMEMBER
AN APRON
EACH
WEEK

RECIPE BOOKLET

YEAR 7

NAME/ ENW: _____



GREEK SALAD PITTA POCKETS (SERVE 3-4)



INGREDIENTS



COST PER RECIPE

£2.16



ALLERGY ADVICE

milk, DAIRY and wheat (gluten)

- 2 Flatbreads/ pitta breads/ tortilla wraps
- 1 small red onion (To be cut AT HOME)
- 1 tomato or 3 cherry tomatoes
- 1/4 cucumber
- 1/4 pepper (red , orange, yellow or green can be used)
- 1 small carrot (grated AT HOME)
- 10ml/ 1tsp balsamic vinegar (in school if required)
- 15ml/ 2tsps olive oil
- 2oz/ 100g cheese (do not grate)
- 5 Black olives (optional)
- **USE JUST THE INGREDIENTS YOU LIKE, YOU DO NEED AT LEAST 3**
- **container**



INSTRUCTIONS

1. Peel and chop onion, cucumber, red pepper and tomatoes. Place in a large bowl, peel and grate carrot, add to bowl.
2. Dice cheese into cubes.
3. Add balsamic vinegar and olive oil to bowl and stir gently.
4. Season the mixture with salt and pepper (optional)
5. Cut pitta breads in half
6. Divide mixture evenly and fill each pocket.
7. For the wraps, place some of the mixture in the centre of the wrap, fold up the bottom and then fold in the sides. Top up if necessary.
8. Place in a CONTAINER to take them home.



TIPS

- The value pitta breads do not cut very well. You can buy them already cut.
- You can use large tortilla wraps and cut them in half.
- The correct cheese to use is Feta, other cheeses will work and will give a more subtle flavour.
- Try adding some chopped lettuce/ mushrooms
- For a meaty version, add some chicken or ham.

ROCK BUNS (MAKES 9-10)



INGREDIENTS



COST PER RECIPE

£1.55



ALLERGY ADVICE

milk, eggs and wheat (gluten)

- 4oz / 100g butter or margarine
- 8oz/ 225g plain flour
- 10ml/ tsp. baking powder (level) **IN SCHOOL IF REQUIRED**
- 2.5ml/ 1/2 tsp mixed spice (optional)
- 4oz/ 100g Demerara sugar (OR WHITE)
- 4oz/ 100g mixed fruit
- 1 egg
- 5-10ml/ 1-2 tsp milk (IN SCHOOL)
- **CONTAINER TO TAKE FOOD HOME**



INSTRUCTIONS

1. Put oven on gas mark 6 (200°C) Grease baking sheet.
2. Sieve flour, baking powder and spices into a bowl, add the margarine/ butter and
3. using fingertips, rub until mixture resembles fine breadcrumbs (rubbing in method)
4. Stir in the sugar and fruit. Make a well in the centre
5. Beat egg in a separate bowl and pour into well in the large bowl. Bind together
6. loosely using a fork
7. Using two forks shape the mixture into rough heaps on the baking tray
8. Bake in the oven for 15-20 minutes. Cool and place in **CONTAINER** to take the home.



TIPS

- The buns should look all lumpy not smooth.
- Beat the egg separately to prevent egg shell in the mixture.
- White sugar can replace the Demerara, the mixture will just be a lighter colour.
- Try using glace cherries instead of the mixed fruit.
- Mixed spice gives more flavour to the rock cakes.

OVEN SCONES (MAKES 6-8)



INGREDIENTS



COST PER RECIPE

£1.16



ALLERGY ADVICE

milk, eggs and wheat (gluten)

- 8oz/ 225g self raising flour
- 2.5ml/ 1/2 tsp salt (PUT THIS IN WITH YOUR FLOUR)
- 5ml/ 1 level tsp baking powder (**IN SCHOOL IF REQUIRED**)
- 1-2oz/ 25-50g butter or margarine
- 150ml/ 1/4 pint milk
- 1oz/ 25g sugar
- Beaten egg or milk to glaze
- **container**



INSTRUCTIONS

1. Put oven on 230°C/ gas mark 8. Grease baking tray.
2. Sift flour, salt and baking powder together; Rub the butter/ margarine into the mixture until like fine breadcrumbs, add the sugar. Add extra ingredients like cheese and mix in.
3. Make a well in the centre and add milk a little at a time. Mixture should look like fairly soft dough. Do not add too much milk at the same time.
4. Turn mixture onto a floured board/ work top. Using your knuckles knead very lightly.
5. Use a rolling pin to roll the mixture out or pat dough gently until it is about 1 inch (2.5cm)
6. Cut into 10 to 12 rounds with a sharp cutter.
7. Place on baking sheet. Brush with beaten eggs or milk to give scones a glaze (optional)
8. Bake at top of the oven for 8-10 minutes, until brown and well risen.
9. Cool scones on a rack. Place in CONTAINER to take home.



TIPS

- For a healthier option use wholemeal flour
- Buttermilk instead of milk will give a creamier flavour
- For a zing add a pinch of paprika/ chilli powder to cheese scones
- **For different scone add one of the following - 3oz/ 75g dried fruit, cherries or cheese.**

CHICKEN AND SWEETCORN NOODLE SOUP



INGREDIENTS



COST PER RECIPE

3.10



ALLERGY ADVICE

Gluten, egg,

- 2 Chicken breasts (**chop these at home**)
- 50g dried spaghetti
- 2 chicken stock cubes
- 1/2 onion finely chopped (**at home**)
- 50g sweetcorn/ or mushrooms
- 2 teaspoons soy sauce (IN SCHOOL IF REQUIRED)
- 1 litre water (IN SCHOOL)
- **Container with a tight lid**



INSTRUCTIONS

1. Pour water into a large saucepan, heat it.
2. Chop up chicken into cubes (Use a red board and wash you hands after handling raw meat)
3. Crumble up stock cubes and add to water.
4. Add chopped chicken and diced onion to the saucepan
5. Break up the spaghetti into 1 inch pieces and add to saucepan. Stir
6. Leave to cook for 10 minutes
7. Finally add the sweetcorn and soy sauce.



TIPS

- You can add some slice mushroom and carrot to add more texture
- To spice it up add a small amount of red chilli.
- Swap the onion for spring onion to add more colour
- Chinese lettuce or pak choi adds lots of vibrant colour
- For vegetarian option use Quorn.

ITALIAN DESSERT



INGREDIENTS



COST PER RECIPE

£2.40



ALLERGY ADVICE

milk, and wheat (gluten)

- 8oz/ 200g Digestive biscuits (Crushed at home)
- 2 kiwi fruit (or fruit of your choice)
- 230ml/ 2 tbsps. Icing sugar
- 250g tub mascarpone cheese
- 1 Flake chocolate
- 2/3 plastic transparent dessert dishes (Not too large)



INSTRUCTIONS

1. Crush the biscuits in a bag with a rolling pin
2. Prepare your chosen fruit - Peel and slice the kiwi fruit thinly slice strawberries etc.
3. Mix the cheese in a large bowl sift the icing sugar and then beat together
4. Arrange layers of biscuits, fruit then cheese in the dishes. Repeat the layers
5. Smooth the top and decorate with flake
6. Place in fridge. Cover to take home.



TIPS

- Try to make sure the kiwi fruits are not too soft.
- For different textures alternate the layer of kiwi with some strawberries.
- Other fruits can be used instead of kiwi. These will be more expensive and may not be in season.
- Philadelphia cheese can be used, it is just not so creamy
- You can use amoretti biscuits for different flavour and texture.

SMALL CAKES (MAKES 12)



INGREDIENTS

- 4oz/ 100g sugar
- 4oz/ 100g margarine
- 4oz/ 100g S.R. flour
- 2 eggs
- 12 cake cases
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- If you make chocolate cakes replace 50g of flour with 50g of cocoa.
- Decoration to be **done at home**
- Ready rolled coloured fondant icing or glaze icing (2oz icing sugar, 1-2 tsps. water)
- Use decoration of your choice such as; chocolate sprinkles, hundreds and thousands, cherries



COST PER RECIPE

£1.50



ALLERGY ADVICE

milk, eggs and wheat (gluten)



INSTRUCTIONS

1. put oven on gas mark 5 (175°c)
2. Place margarine, sugar and beaten eggs in a bowl. Sieve in the flour.
3. Using a metal spoon fold the ingredients together
4. Put cases into cake tin and divide the mixture evenly between the cases
5. Place in the oven for approximately 12 minutes. Whilst cakes are cooking prepare decoration. Cool on rack and then decorate.
6. Place in CONTAINER to take home.



TIPS

- Try coconut cakes - replace 25g flour with desiccated coconut
- Butter gives a different flavour
- Butterfly cakes for that special tea
- These will keep for 2-3 days in an airtight container.

SWEET AND SOUR CHICKEN



INGREDIENTS



COST PER RECIPE

£3.64



ALLERGY ADVICE

soya, Barley gluten and wheat (gluten)

- 1 onion (chopped at home)
- 2 chicken breasts (200g) (chopped)
- 1 Tablespoon sugar
- 2 Tablespoons vinegar
- 2 Tablespoons of soy sauce
- 1 Tablespoon of tomato ketchup
- 1 Teaspoon Chinese five spice (PUT these all in a pot together)
- 1 Tablespoon oil - for frying
- 1 small tin pineapple



INSTRUCTIONS

1. Chop the onion into small pieces (Use the white board)
2. Chop the chicken breasts into small chunks (Use the red board)
3. Mix the 2 tablespoons of sugar, vinegar and soy sauce in a bowl.
4. Add the 1 tablespoon of ketchup and the teaspoon of Chinese five spice
5. Fry the onion in a little oil in a saucepan, add the chicken. Cook until white.
6. Add all the ingredients for the bowl
7. Chop pineapple into small chunks, add this and the juice to the chicken mixture
8. Leave to simmer for 10 minutes
9. Pour into CONTAINER.



TIPS

- You can use any meat that will cook quickly
- For more texture you can add chopped or whole baby mushrooms
- Light soy sauce gives a more colourful dish
- Serve with rice or noodles.

RASPBERRY BUNS



INGREDIENTS



COST PER RECIPE

£1.35



ALLERGY ADVICE

milk, eggs and wheat (gluten)

- 3oz/ 75g butter or margarine
- 8oz/ 225g self raising flour
- 3oz/ 75g sugar
- 2 eggs
- Raspberry jam (seedless) OR EQUIVALENT
- Little extra sugar for sprinkling (in a separate container)
- Container



INSTRUCTIONS

1. Put oven on gas mark 6 (200°c) Grease a baking tray
2. Rub the fat (butter) into the flour using the rubbing in method until mixture resembles breadcrumbs.
3. Stir in the sugar. Make a well in the centre of the mixture.
4. In a separate bowl, beat 2 eggs.
5. Add the extra mixture a bit at a time to the dry ingredients to form a stiff dough
6. Place mixture on floured work surface and divide into 10 equal ball shapes
7. Place balls well apart on baking tray. Make a hole in the centre of each and fill with a little jam. Close up the opening and sprinkle with spare sugar
8. Bake in the oven for 15 minutes or until golden brown. Cool and eat when fresh.



TIPS

- You can use any jam you have in the house, but seedless is better.
- To make chocolate buns, replace 25g of flour with cocoa powder.

SPAGHETTI BOLOGNESE (SERVES 4)



INGREDIENTS



COST PER RECIPE

3.55



ALLERGY ADVICE

Wheat, milk,

- 1 onion (chopped at home)
- 2 cloves of garlic (chopped at home)
- 2 Tablespoons of tomato puree
- 1 400g tin of chopped tomatoes
- 1-2 teaspoons oregano or mixed **herbs in school if required**
- 1lb/ 500g minced beef/pork/turkey
- 1 bay leaf (optional)
- 1 tablespoon oil
- **Container**



INSTRUCTIONS

1. Peel and chop onion and garlic. Pour oil into a large saucepan, add onion and garlic and fry gently for two minutes
2. Add mince meat to the saucepan; stir until it all goes brown.
3. Add tomato puree and stir, open the tomatoes and add this to the saucepan
4. Finally add the herbs and bay leaf
5. Leave to simmer on a low heat until sauce thickens, and meat tenderises.



TIPS

- You can add carrot, mushroom or peppers to the recipe. It will enhance the flavour and change the texture.
- The longer you leave the sauce to cook the thicker the sauce and the meat will be more tender.

SAUSAGE ROLLS



INGREDIENTS

- 1 Packet of ready made puff pastry
- (not the ready rolled type)
- 1 packet of sausage meat or 8 sausages
- 1 egg

- Containter



COST PER RECIPE

3.20



ALLERGY ADVICE

Egg, wheat (gluten),
milk,



INSTRUCTIONS

1. Put oven on gas mark 7/ 210°C
2. Wash and wipe the work surface
3. Sprinkle some flour on the work surface
4. Roll out pastry to the same size as the baking tray
5. Cut the pastry into 3/ 4 lengths. Leave to one side
6. Open sausage meat and divide mixture into three or four.
7. Flour surface once again and use your fingers to roll sausage meat into lengths the same size as the pastry. Place in the middle of pastry.
8. Beat egg and brush edges of pastry. Fold top over and crimp the edges together using a fork or pinching between your forefinger and thumb.
9. Glaze the top of the pastry with beaten egg
10. Cut each length to make sausage rolls suitable for you.
11. Place on baking tray and cook for approximately 10 minutes or until golden brown.



TIPS

- If you want to experiment with these, you can cut the pastry in half. Use half to make sausage rolls and the other half to make sausage pasties or sausage wheels.
- Crimping is when you pinch the two pieces of pastry together to seal the pastry.

SMARTIES COOKIES (8 COOKIES)



INGREDIENTS



COST PER RECIPE

1.80



ALLERGY ADVICE

Milk, (gluten) wheat, barley, oats

- 100g/4oz SOFT butter/margarine
- 100g/4oz light muscovado sugar (or alternative)
- 1 tablespoon golden syrup (**you can get this from school**)
- 150g/6oz self raising flour
- 2 tubes smarties/ choc chips



INSTRUCTIONS

1. Preheat oven to 180°C/Fan assisted 160°C
2. Beat butter and sugar until light and creamy, then beat in syrup
3. Work in half the flour. Stir in the smarties and the remaining flour
4. Work the dough with your fingers. Divide it into 8 balls
5. Place them on greased baking sheets
6. Place them well apart and do not flatten them
7. Bake for 12 minutes until pale golden.
8. Cool on wire rack. These will last for about 4 days in an airtight container



TIPS

- You can change the smarties for chocolate M and M's or chocolate chips if you prefer.

GLAMORGAN SAUSAGES



INGREDIENTS



COST PER RECIPE

1.40



ALLERGY ADVICE

Eggs, mustard, (gluten)wheat, barley, milk

- 1 small leek (cut and thinly slice)
- 25g (1oz) butter
- 100g (4oz) cheddar cheese (grated at home)
- 8 dried chives/ herbs (**there are herbs in school**)
- 2 eggs
- Small bit of smooth mustard (**school will supply this if required**)
- 150g FRESH finely crumbled white or brown breadcrumbs
- Plain flour for sprinkling (**from school**)
- 2 tablespoons of oil



INSTRUCTIONS

1. Cut roots and green tops off leek. Slice through middle and wash thoroughly, then slice thinly.
2. Melt the butter in a saucepan, add the leek and cook gently for five minutes. Do not let them go brown. Remove from heat and add the herbs
3. Spoon the leek into a big bowl. Sprinkle in 125g of breadcrumbs, grated cheese and mustard.
4. Beat the eggs in a jug. Take some out and leave in a separate bowl. (This will be for coating)
5. Add big amount of beaten egg to the bowl, mix together.
6. Sprinkle some flour onto your hands and worktop and roll out some of the mixture to make sausage shapes.
7. Dip into beaten egg and then coat with remaining breadcrumbs.
8. Fry in oil until golden brown



TIPS

- You can freeze any that you do not eat.

TUNA PASTA BAKE



INGREDIENTS

- 150g of any pasta
- Small tin tuna
- Small tin sweetcorn (optional)
- 1 small onion (diced at home)
- 25g margarine
- 1-tablespoon corn flour **(In school if required)**
- 1-pint milk
- 50g grated cheese
- Ovenproof dish



INSTRUCTIONS

1. Half fill a saucepan with water, add salt and pasta and bring to the boil.
2. In a small saucepan, melt the butter, add the corn flour and stir until it makes a paste. Slowly add the milk making sure you stir it all the time to prevent lumps. The sauce should thicken so that it coats the back of a spoon.
3. Remove sauce from heat and add the cheese
4. Turn the heat down under the pasta so that it continues to cook without boiling. Once it is soft, use the colander and drain off the water. Return to saucepan
5. Add the cheese to the pasta.
6. Open the tuna and mash it, add into pasta mix, finally add the onion and sweetcorn.
7. Tip into the oven proof dish, cover with cling film. **BAKE AT HOME**



COST PER RECIPE

2.20



ALLERGY ADVICE

Milk, dairy, gluten, wheat



TIPS

- Don't forget to bring a suitable container to bring your pasta bake home!
- You can use something else instead of tuna, that will affect the overall cost
- You can use mushrooms instead of sweetcorn