

Food and nutrition

 Recipe book

Hello Year 6

I thought you might like to try some of these recipe ideas before you come to Lawnswood

I can’t wait to meet you all. Take care and stay safe Mrs Ellis

Bread based pizza

**Ingredients:**

200g Strong Plain Flour

25g Margarine

1 sachet dried yeast / Pinch salt

125ml warm water 100g cheese

100g tomato puree / sauce

**Choice of toppings/flavourings such as:**

Ham, olives, red onion, pepper, cooked chicken, sweet corn, mushrooms, cooked bacon, mozzarella, salami, mixed herbs

**Equipment:**

Green chopping board, baking tray, measuring jug, table knife, sharp knife, grater, mixing bowl, rolling pin, flour dredger, container

**Method:**

1. Wash hands and put on apron.
2. Check oven is on – GM 6 / 200 C. Grease baking tray.
3. Get all ingredients (toppings chopped/grated etc.) and equipment.
4. Place flour and salt in a mixing bowl, add margarine and rub in with fingertips.
5. Add dried yeast and mix with table knife.
6. Measure 125ml warm water into measuring jug. Add the water a little at a time, mixing with a table knife. It shouldn’t be sticky but should have no dry floury bits.
7. Sprinkle flour onto work surface and knead the dough for approx. 5 minutes. \*add herbs and flavourings here\*
8. **For pizza whirls:** Roll out a rectangle approx. 30x25cm and spread tomato puree to the edges.
9. Add the cheese and toppings and roll into a sausage shape, then gently seal the edges.
10. Using a sharp knife cut into 2-3cm pieces.
11. Lay flat on baking tray and bake for 15-20 minutes.
12. **For Pizza:** Roll out dough into shape required and lift onto greased baking tray.
13. Spread tomato puree, add cheese and toppings.
14. Bake for 10-15 minutes

Scone based pizza

**Ingredients:**

200g Self Raising Flour

50g butter

100ml milk

100g tomato puree / sauce

75g grated cheese

**Topping ideas:**

Pepper, cooked chicken, salami, red onion, olives, mushrooms, mozzarella, sweet corn

**Equipment:**

Green chopping board, sharp knife, measuring jug, rolling pin, mixing bowl, baking tray, round bladed knife, grater, flour dredger

**Method:**

1. Wash hands and put apron on.
2. Pre-heat oven – GM 6 / 200C. Grease a baking tray
3. Get all ingredients (all toppings chopped/grated etc.) and equipment ready.
4. Place flour and butter into a large mixing bowl, run with fingertips until it looks dry like sand.
5. Add milk gradually, stir with a knife every time until it forms a soft but not sticky dough – squeeze test it!
6. Lightly flour the work surface, place dough on top (turn it in the flour if sticky)
7. Roll out dough into shape required and lift onto greased baking tray.Spread tomato puree, add cheese and toppings.
8. Bake for 10-15 minutes until golden brown

Fruit salad

**Method:**

1. Prepare self – collect equipment and ingredients. Wash hands and put on apron
2. Peel any fruit as needed – use the bridge claw cutting method to cut fruit into small even size pieces on a GREEN chopping board. Always do the hardest fruit with the least liquid in it last. For example apples and pears first.
3. Put in container and pour over fruit juice.
4. Wash all equipment with hot soapy water.

**Ingredients:**

Choose a maximum of 6 different fruits:

1 apple 6-12 grapes

1 pear 2 slices pineapple

1 clementine 1 slice melon

1 kiwi fruit 6 strawberries

1 peach /nectarine 200ml fresh fruit juice

**Equipment:**

Green chopping board, mixing bowl, spoon, knife, peeler, container

**Fruit crumble**

**Method**

1. Prepare self – collect equipment and weigh out ingredients. Preheat oven to 180C / Gas 4
2. Peel and chop fruit into small chunks. Place in the bottom of the dish/foil tray with 2 tablespoons water and 1 tablespoon of sugar.
3. Place flour into a mixing bowl. Cut margarine into small pieces and add to flour.
4. Rub margarine into the flour using fingertips. Shake bowl – any large lumps will come to the top. Continue rubbing in until mixture looks like breadcrumbs.
5. Add sugar to flour mixture and stir in well.
6. Add crumble mixture over the top of the fruit.
7. Place in a preheated oven and cook for 20-30 minutes.
8. Remove from oven leave to cool. Wash up.

**Ingredients:**

**Topping:**

150g plain flour

75g margarine/butter

50g sugar

**Optional:** 50g porridge oats

**Fruit:**

50g sultanas

2 large cooking apples

**Optional:** ½ tsp cinnamon/mixed spice

50g blackberries/pears/plums/strawberries

**Equipment:**

Mixing bowl, chopping board, peeler, knife, oven proof dish

**Scones**

**Ingredients:**

200g self-raising flour

50g margarine

100ml milk (approx.)

50g grated cheese

**Optional:**

Remove cheese

Add 25g sugar

25g dried fruit or fresh fruit

Citrus zest

**Equipment:**

Mixing bowl, knife, measuring jug, baking tray, round cutter

**Method**

1. Prepare self – collect equipment and weigh out ingredients. Preheat oven to 220C/Gas 7.
2. Place flour into mixing bowl. Cut margarine and add to the flour.
3. Rub margarine into flour using fingertips. Shake bowl – lumps will come to the top. Continue rubbing until mixture looks like breadcrumbs.
4. Add grated cheese and mix well (or sugar and fruit)
5. Make a hole in the centre of the flour with fingertips.
6. Beat egg/milk mixture a little at a time, mix with a round-bladed knife to a soft dough.
7. Put on a clean floured surface and flatten to 3cm thickness with hands
8. Cut out rounds with a cutter, place in a greased baking tray and glaze with milk using pastry brush.
9. Place in a preheated oven and cook from 10 minutes.

10.Remove from oven. Place on a wire cooling rack

**Bolognese sauce**

**Ingredients:**

250g minced meat (lamb/beef)

400g chopped tomatoes

Medium onion

1 stock cube

1 tsp mixed herbs

1 garlic clove

**Optional:**

mushrooms, red / green pepper, Celery

**Equipment:**

Red chopping board, knife, saucepan, garlic crusher,

**Method**

1. Prepare self – collect equipment and weigh out ingredients.
2. Peel and chop onion, place in pan. Peel and chop the rest of the vegetables.
3. Add oil to the pan and heat gently for 1 minute, stir. Add the mince to the pan and cook for 5 minutes or until completely browned. Add any other vegetables.
4. Peel, crush and add the garlic clove to the pan and cook for a further 2 minutes.
5. Add the tomato puree and tinned tomatoes and stir well. Increase the heat slightly and leave to simmer. Add stock cube and any other flavouring.
6. If you need to adjust the recipe to make the Bolognese less thick add a little water. Simmer for a further 5 minutes.
7. Wash, dry and clear everything away