

YEAR 7 SET RECIPES

Allergens are marked in RED

Please be aware that although we are not a nut-free school, the Food Technology room operates as a nut-free area. While we take every reasonable precaution to minimise the risk of exposure to nuts and nut contamination, we cannot guarantee that the environment or food products are completely free from traces of nuts.

All set recipes for Years 7 are carefully planned to be nut-free, and we kindly ask students and parents to support this by ensuring that any “free choice” recipes brought in for cooking lessons are also nut-free.

As good practice and to raise awareness of certain allergens, students will be introduced to allergens labels and in certain circumstances asked to fill them in and attach these to the dish that is brought home.

Below is a list of the recipes that pupils will be preparing in Years 7. Any allergens contained within the recipes have been highlighted in red and will be discussed with the students by the teacher.

The school should already have details of any pupil allergies provided on the starter forms. However, if you have not yet informed the school of any allergies your child may have, please email the school as soon as possible.

admin@swgs.wilts.sch.uk

Any pupil with an allergy and a prescribed AAI must place their AAI devices (such as an EpiPen or JextPen) in the Allergy box at the start of each Food Technology lesson, pupils who do not have their devices with them will not be able to partake in the lesson.

Scones *(to reheat - preheat oven to 150°C and bake for 5-10 minutes)*

Basic Ingredients

250g Self Raising Flour + little extra for dusting work surface

OR 125g Self Raising Flour + 125g Wholemeal flour

50g hard margarine or butter

1 egg

5 - 6 tablespoons milk

For Fruit Scones

50g dried fruit (e.g. sultanas, dates)

50g sugar

For cherry scones

50g glace cherries

50g caster sugar

For Cheese Scones

75g grated cheese

Or be creative!

Feta cheese & olives

Cheese & sundried tomatoes

Bacon and Mushroom Risotto *(To reheat – preheat the oven to 150°C, add a splash of water or stock and cook for 10 to 15 minutes, stirring half way).*

150g risotto rice

1 pork stock cube

600ml water

1 x 5ml spoon grated parmesan

Black pepper

1 onion

6 rashers lean sweet cure back bacon

50g mushrooms

100g green beans

1 x 5ml spoon oil

Bolognaise *(To reheat - add a splash of water or extra sauce to prevent drying and cover tightly with aluminium foil. Bake at 180 °C for 15 to 20 minutes until piping hot).*

1 onion

1 clove garlic

1 carrot

1 celery stick

1 x 15ml oil

250g lean minced beef

1 can chopped tomatoes (400g)

1 x 15ml spoon tomato purée

100ml water

1 x 5ml spoon mixed herbs

Black pepper

150g spaghetti

Breakfast Muffins *(To reheat – preheat the oven to 175°C, cover in foil and bake for 10-15 mins).*

100g carrot, apple or pear

255g self-raising flour

2 x 5ml spoons baking powder

100g white caster sugar

2 x 5ml level spoons ginger, cinnamon or mixed spice

1 egg

240ml semi skimmed milk

90ml vegetable oil

Spinach, Potato and Chickpea Curry *(To reheat – preheat the oven to 175°C and cook for 15-20 minutes).*

1 onion
1 clove garlic
1 large potato
1 x 5ml spoon oil
2 x 15ml spoons curry paste
300ml water
1 can chopped tomatoes (400g)
1 can chickpeas (410g), drained
3 handfuls of fresh spinach

Fruit Crumble *(To reheat – preheat the oven to 175°C and cook for 15-20 minutes).*

Crumble Topping

100g Flour
50g Butter or Block margarine
75g Caster sugar

Crumble filling

500g cooking apples or a mixture of fruits of your choice
50g caster sugar

Herbie Veggie Crumble *(preheat the oven to 175°C and cook for 15-20 minutes).*

Crumble Topping

40g butter or margarine
150g wholemeal flour
50g cheese
50g oats

Crumble filling

2x5ml mixed herbs
2 leeks (small)
1 red pepper
4 mushrooms
1 can chopped tomatoes (400g)

Macaroni Cheese *(To reheat – preheat the oven to 175°C, add a little milk and cook for 15-20 mins)*

100g macaroni

100g Cheddar cheese

1 tomato

25g soft margarine

25g plain flour

250ml semi-skimmed milk

Black pepper

Vegetable Soup *(To reheat – place on the hob and simmer for 5-10 minutes).*

1 onion

1 carrot

1 leek

1 potato

1 celery stick

1 x 10ml spoon oil

600ml stock (water and stock cube)

1 x 15ml spoon coriander, chopped.

Tuna and Broccoli pasta *(To reheat – preheat oven to 175°C and bake for 10-15 minutes).*

100g rigatoni

40g cheese

100g broccoli

100g canned tuna (in water) drained

25g soft margarine

25g plain flour

250ml semi-skimmed milk

1 x 5ml spoon dried oregano

50g sweetcorn (canned or frozen)

Black pepper