

# YEAR 7

## AUTUMN TERM 2017

### HE Recipes



NAME:

TUTOR GROUP:

Year 7	Year 8	Year 9
Intro lesson	Apple and Blackberry Cake	Sausage and Bean Casserole
Fruit Crumble	Cornish Pasties	Apple, Lemon and Elderflower Cake
Vegetable Soup	St Clement's Drizzle Cakes	Chicken or vegetable korma
Mary Berry's Lemon and Chocolate Chip Biscuits	Chilli	Damper Bread and Soup
French Bread Pizza	Granola Bars	Mushroom or Pea/Bacon Risotto
Fresh Tomato Pasta Sauce	Nice'n'Spicy Rice	Curried Parsnip and Apple Soup
Mince Pies	Crumble Topped Mince Pies	Blueberry and Lemon Butterfly Cakes
		Lamb and apricot meatballs/veggie 'meatballs'
		Oven baked ratatouille with sausages
		Lamb(Quorn) and potato bake
		Mars Bar Brownies
		Sweet and Sour
		Christmas White Chocolate Tray Cake

Information regarding HE in year 7 – **All HE lessons will be practical apart from the first lesson** – in which students will be get to know where things are in the HE room, and all Health, Safety and Hygiene rules will be reinforced. Following this lesson, students will cook every fortnight – students will be given notice if there is a change to the recipes given in the booklets.

The students will have a double HE lesson (1 hour 10 minutes) every other week.

A booklet will be given to the students at the start of each term. This will inform you of the recipes that your son/daughter will be preparing and making. The booklet is also on the school website, and the common drive on the school network.

Please note – **any text in green means that we will provide that ingredient.**

**Any text in red is a reminder of what container/cooking vessel your son/daughter will need to bring in.**

All ingredients in **black** text are what your son/daughter will need to buy and bring in to the HE lessons.

**We are happy for you to tweak/amend the recipe in any way to suit your family – add/take away ingredients or alter the portion sizes!**

We hope that having this booklet at the start of each term will make planning easier for you as a parent/guardian.

There may be an occasion that we have to alter the schedule – but we will inform you of any changes in advance.

Please do not hesitate to contact me if you have any further queries  
[ticehurstd@logs.uk.com](mailto:ticehurstd@logs.uk.com)

## Lesson 1-Introduction to HE. No ingredients/containers needed

# LESSON 2

## Fruit Crumble



**REMEMBER-Green text = provided by school**

450g / 1 lb cooking apples (and/or other fruit like blackberries)

**150g / 6oz Wholemeal flour**

**75g / 3oz full fat margarine or butter**

**50g / 2oz sugar**

**50g/2oz oats**

**OVENPROOF DISH OR TIN TO COOK IT IN AND TUPPERWARE BOX TO CARRY IT HOME IN**

### **METHOD**

1. Set the oven to Gas Mark 5, 190°C.
2. Wash and slice the fruit, removing the core.
3. Place the fruit in the ovenproof dish.
4. Sieve the flour into a large mixing bowl. Add the margarine.
5. Rub the mixture with your fingertips until it looks like fine breadcrumbs.
6. Stir in the sugar and oats and sprinkle evenly over the top of the fruit.
7. Place in the oven and cook for 15 –20 minutes, or until golden brown.
8. Remove from the oven and place on a pan stand to cool.
9. Serve with custard, Greek yoghurt or ice cream.

# LESSON 3

## Vegetable Soup



### **½ tbsp vegetable oil**

1 medium onion

2 small carrots

1 celery sticks

1 small potato

1 tin chopped tomatoes

1 clove of garlic

50g green beans

### **1½ tbsp tomato purée**

1 leek, sliced

50g frozen peas

1 vegetable stock cube

**Pepper to taste**

**1½ tsp dried herbs**

**A WATER TIGHT CONTAINER EG A LARGE THERMOS FLASK BIG ENOUGH TO HOLD OVER A PINT OF SOUP**

### **METHOD**

1. Wash and slice the leek, potato, onion, carrots and celery as thinly as you can to speed up the cooking time.
2. Heat the oil in a large saucepan on hob mark 3; add the sliced onions, carrots, leeks, potato and celery, and fry until sizzling. Lower the heat, cover and cook gently for five minutes, stirring if needed.
3. Using the back of your knife with the blade facing away from you, lean on the garlic clove to crush it. Remove the skin and chop it finely. Add it to the pan. Stir it through.
4. Collect a jug of 500ml boiled water from your teacher-add your stock cube to it and stir it well to dissolve it.
5. Add the tin of tomatoes, tomato purée, green beans and frozen peas. Raise the heat to maximum. Add most of your jug of stock. Bring to the boil and add the herbs and pepper.
6. Lower the heat and simmer for 15 minutes or until the vegetables are cooked through and are soft.
7. Once cooled, ask your teacher to blend it and pour it into your container. **DO NOT DO THIS YOURSELF.**

# LESSON 4

## Mary Berry's Lemon Biscuits and Chocolate Chip Biscuits



For the biscuit dough

**175g/6oz butter, softened**

**75g/2½oz caster sugar**

**175g/6oz plain flour, plus extra for dusting**

**75g/2½oz semolina**

For the chocolate chip biscuits

50g/1¾oz milk or plain chocolate chips

For the lemon biscuits

1 lemon, finely grated zest only

**1–2 tbsp demerara sugar**

### **AN AIRTIGHT BOX OR TIN**

#### **METHOD**

1. Preheat the oven to 180C/160C Fan/Gas 4. Line three baking trays with baking paper.
2. To make the biscuit dough, add the butter and sugar to a mixing bowl and beat with a wooden spoon until soft and creamy, then stir in the flour and semolina.
3. Divide the dough into two.
4. For the chocolate chip biscuits, knead the chocolate chips into one portion of dough, shape into 20 balls and arrange, spaced well apart, on one of the baking trays. Press down with the back of a fork into discs about 5cm/2in in diameter and bake in the oven for 10–12 minutes, or until golden-brown.
5. For the lemon biscuits, knead the lemon zest into the second portion of dough. Roll into a long sausage shape (about 20cm/8in long) and roll in the demerara sugar. Wrap in cling film and leave in the freezer for about 10 minutes. Slice into 20 even rounds, each about 1cm/½in thick. Arrange on a baking tray, spaced well apart, and bake for about 10 minutes, or until pale golden-brown.
6. Cool all biscuits on a wire rack to crisp them up.

# LESSON 5

## French Bread Pizza



**An airtight container**

1 small french loaf  
100g / 4oz low fat cream cheese  
1 small onion or 4 spring onions  
110g / 4oz cheddar cheese

**Plus you may choose items from the list below:**

3 tomatoes  
50g / 2oz mushrooms  
½ pepper  
**1 teaspoon mixed herbs**  
50g / 2oz ham

**METHOD**

1. Set the oven at 200C or gas Mark 6
2. Line a baking tray with greaseproof paper
3. Wash and slice the onions, tomatoes, and mushrooms
4. De-seed and chop the pepper into small pieces
5. Cut the ham into small pieces
6. Grate the cheese
7. Cut the bread into 4 pieces. Arrange on the baking tray
8. Spread the pieces of bread with a thick layer of low fat cream cheese
9. Arrange the onions, tomatoes, mushrooms, ham and pepper on top
10. Add the herbs, if using them, and place the cheese on top
11. Bake for 8-10 minutes until the bread is crisp and the top is golden brown.

N.B. The recipe also works well with small ciabatta rolls

# LESSON 6

## Fresh Tomato Pasta Sauce



1 bunch of fresh basil  
1 medium onion  
2 cloves of garlic  
1 pack of fresh tomatoes  
1 x 400g tin of chopped tomatoes  
**1 tablespoon red wine or balsamic vinegar**  
**Olive Oil**

**A WATER-TIGHT CONTAINER EG A THERMOS FLASK**

### **METHOD**

1. Pick the basil leaves onto a chopping board (reserving a few baby leaves to garnish), then roughly chop the remaining leaves and finely chop the stalks.
2. Peel and finely slice the onion and garlic. Cut the tomatoes in half, then roughly chop them and carefully open the tins of tomatoes.
3. Put a saucepan on a medium heat and add 1 tablespoon of olive oil and the onion, then cook for around 7 minutes, or until soft and lightly golden.
4. Stir in the garlic and basil stalks for a few minutes, and then add the fresh or tinned tomatoes and the vinegar.
5. Season with a tiny pinch of salt and pepper, and then continue cooking for around 15 minutes, stirring occasionally.
6. Stir in the chopped basil leaves, and then reduce to low and leave to simmer away.

# LESSON 7

## Festive Mince Pies



**225g cold butter, diced**

**350g plain flour**

**100g golden caster sugar**

A small jar of fruit mincemeat

**Icing sugar, to dust**

### **CONTAINER TO TAKE THE MINCE PIES HOME IN**

#### **METHOD**

1. To make the pastry, rub 225g cold, diced butter into 350g plain flour, then mix in 100g golden caster sugar and a pinch of salt. Combine the pastry into a ball – do not add liquid – and knead it briefly. The dough will be fairly firm, like shortbread dough. You can use the dough immediately, or chill for later.
2. Preheat the oven to 200C/gas 6/fan 180C. Line a 12-hole patty tin, by pressing small walnut-sized balls of pastry into each hole. Spoon 280g mincemeat into the pies.
3. Take slightly smaller balls of pastry than before and pat them out between your hands to make round lids, big enough to cover the pies. Top the pies with their lids, pressing the edges gently together to seal – you do not need to seal them with milk or egg, as they will stick on their own. (The pies may now be frozen for up to 1 month).
4. Beat 1 small egg and brush the tops of the pies. Bake for 20 minutes until golden.
5. Leave to cool in the tin for 5 minutes, and then remove to a wire rack. To serve, lightly dust with icing sugar.