

Recipes & Evaluation

Year 6

A collection of recipes, skills and
tips to get you cooking in school!

Name: _____

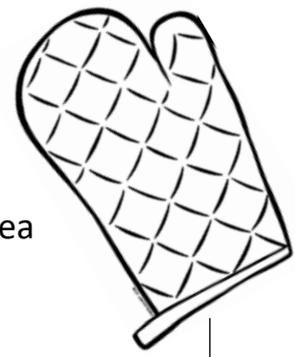
Form: _____

Cooking Group: _____



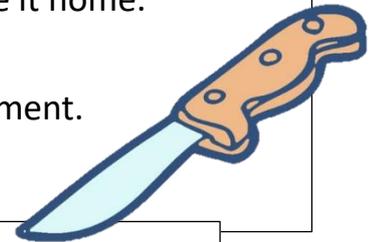


Health and Safety in the food room



Remove coats/jackets and bags and place away from the cooking area

- Always listen and follow instructions
- Do not carry sharp knives or pass to someone using the blade end.
- Carry sharp knives by the handle down by your side with the blade pointing to the floor.
- Never put sharp equipment into the washing up bowl. Hold the equipment and wash thoroughly then place to be dried.
- Always put sharp knives into the sharp knife box at the end of the lesson.
- Always use oven gloves to get hot food out of the oven.
- Hold the oven door open to help others get food out of the oven to avoid the door closing on bare arms.
- Be very careful when cooking on the hob and do not reach over hot pans to avoid steam burns
- Always run a burn under the cold tap for around 10 minutes.
- Report any injury or burn straight away to the teacher or the food technician.
- Report any breakages to the teacher straight away and do not place into the bin.
- Keep meat in the fridge as soon as you bring it into the food room.
- Store cooled cooked rice and meat in the fridge until you take it home.
- Never run around the food room.
- Always warn others when you are carrying hot food or equipment.



Be prepared for cooking lessons:

- Tie long hair back in a low ponytail or bun.
- Wear an apron
- Remove jewellery and watches.
- Wash hands thoroughly in hot soapy water.
- Do not put ingredient bags on the kitchen bench – remove ingredients by hand onto your work station.



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Week 1 - Group work – Fruity and Savory Muffins

Activity: To work in small groups to make different muffins. Follow recipe per group, weigh, measure, prepare and bake blueberry, apple and cinnamon, cheese and muffins.

Learning Outcomes:

I can **identify** hazards in the kitchen to help me work safely and hygienically.

I can **demonstrate** accurate methods to weigh and measure ingredients.

I can **evaluate** each muffin and justify my personal favourite by using different describing words.



Ingredients (provided by school):

- 1 egg
- 60 ml oil
- 75ml milk
- 125 sugar (omit if making savoury)
- 200g SR flour
- 50g fruit or grated cheese and chopped onion (pinch of salt)
- Muffin cases and container

Method

1. Heat oven to 200C.
2. Line 2 muffin trays with paper muffin cases.
3. In a large bowl beat the eggs lightly with a handheld electric mixer for 1 min.
4. Add the oil and milk and beat until just combined then add the sugar and whisk until you have a smooth batter.
5. Add flour and gently mix until just smooth. Be careful not to over-mix the batter as this will make the muffins tough.
6. Stir in the fruit.
7. Fill muffin cases two-thirds full and bake for 20-25 mins, until risen.

Week 2 – Independent work – Breakfast Muffins

Activity: To follow a step-by-step process after watching the demonstration and follow the recipe to make their own fruity or savory breakfast muffins. There will also be a discussion of ingredients, nutritional value and improving diet.

Learning Outcomes:

I can **follow** a breakfast muffin recipe in order.

I can **demonstrate** safe knife skills and correct mixing and baking skills.

I can **explain** how to eat a more healthy diet.



Ingredients:

- 1 egg
- 60 ml oil
- 75ml milk
- 125 sugar (omit if making savoury)
- 200g SR flour
- 50g fruit or grated cheese and chopped onion (pinch of salt)
- Muffin cases and container

Method

1. Heat oven to 200C.
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6. Stir in the fruit.
7. Fill muffin cases two-thirds full and bake for 20-25 mins, until risen.

Week 3 – Independent work – Fruit Crumble

Activity: To follow a step-by-step process after watching the demonstration and follow the recipe to make their own fruit crumble. There will also be a discussion of ingredients during certain times of the year.

Learning Outcomes:

I can **follow** a fruit crumble recipe in order.

I can **demonstrate** safe knife skills, the rubbing in method and baking skills.

I can **explain** which fruits are in season and what difference this makes to the end dish we have created.



Ingredients:

For the crumble topping:

- 100g soft light brown sugar
- 100g unsalted butter, cold and cubed
- 150g plain flour

For the filling:

- 75g caster sugar
- 300g raspberries
- 300g strawberries

Skills required:

Using a sharp knife

Measuring

Using the oven

Rubbing in method

Method:

1. Place the strawberries and raspberries for the filling in a saucepan along with the sugar. Bring to a simmer over a medium-low heat and cook, stirring occasionally, until the sugar is dissolved.
2. Spoon into the base of a heatproof baking dish.
3. Place the sugar, flour and butter into a mixing bowl and use the rubbing in method to combine all ingredients until it has a crumble consistency.
4. Spoon the crumble onto the fruit.
5. Bake in the oven for 30 minutes at 180 fan.

Week 4 – Independent work – Leek and Potato Soup

Activity: To follow a step-by-step process after watching the demonstration and follow the recipe to make their own leek and potato soup.

Learning Outcomes:

I can **follow** a leek and potato soup recipe in order.

I can **demonstrate** the use of the bridge and claw method and the cooker hob to safely prepare and cook my soup.

I can **explain** why it is important to have five portions of fruit and vegetables a day.



Ingredients:

- 2 large leeks
- 2 large potatoes
- Vegetable stock cube
- Salt and pepper (if needed)

Method

1. Peel the potatoes and leeks
2. Chop into small chunks
3. Place vegetables into a saucepan and add the stock cube with 200ml water
4. Heat up until boiling
5. Turn down and simmer until soft.
6. Mash, add seasoning and serve.

Skills required:

- Using a sharp knife
- Measuring
- Using the hob
- Preparing vegetables using knife skills

Week 5 – Independent work – Focaccia Bread

Activity: To follow the demonstration and recipe showing step by step process in making focaccia bread.

Learning Outcomes:

I can **follow** the steps for making my own bread.

I can **demonstrate** the skills needed for safe use of kitchen equipment and the oven.

I have developed a better understanding of the function of ingredients and can **explain** why it is important to allow the dough to prove.



Ingredients:

- 250g strong white bread flour
- 1 sachet dried easy blend yeast
- 1 tbsp olive oil
- 2 garlic cloves
- Fresh rosemary
- olive oil, for drizzling

Skills required:

Using a sharp knife
Kneading
shaping
Using the oven

Method:

1. Preheat the oven to 220C/425F/Gas 7.
2. Place the flour, salt, yeast, olive oil and 150ml of the water into a large bowl. Gently stir with your hand or a wooden spoon to form a dough then knead the dough in the bowl for five minutes, gradually adding the remaining water.
3. Tip the dough onto an oiled work surface and continue kneading for five more minutes.
4. Line a baking tray with baking paper. Tip the dough out of the bowl and flatten onto a baking sheet.
5. Poke your finger into the top to make little indentations then leave to prove.
6. Peel and chop the garlic and chop up the rosemary.
7. Drizzle the loaf with oil, sprinkle with fine sea salt and rosemary then bake in the oven for 20 minutes. When cooked, drizzle with a little more olive oil and serve hot or warm.

Week 6 – Independent work – Savoury Rice

Activity: To follow the demonstration and recipe showing step by step process in making savoury rice

Learning Outcomes:

I can **follow** the steps for making my own savoury rice dish.

I can **demonstrate** the skills needed to create the dish and for safe use of kitchen equipment such as sharp knives and the hob.

I can **explain** how my dish covers each aspect of the Eatwell plate and **explain** my understanding of how to store and re-heat it safely.



Ingredients

- 1 onion
- Red pepper
- Handful of mushrooms
- Tomato
- 50g peas
- Vegetable or chicken stock cube
- 1 teaspoon curry powder (school can provide)
- 150g long grain rice

Method

1. Peel and chop the onion, slice mushrooms, tomatoes and pepper
2. Fry onion until soft.
3. Add mushrooms and red pepper and cook for 2 minutes
4. Stir in the rice
5. Add the stock cube and 500ml water
6. Simmer for 15 minutes until rice is soft. Serve.

Skills required:

Using a sharp knife

Using the bridge and the claw method

Measuring

Using the hob

Preparing vegetables

Top Tip: Try adding chopped cooked chicken, beans or lentils to add more protein to this dish.

Week 7 – Independent work – Rosemary Chicken

Activity: To follow the demonstration and recipe showing step by step process in making rosemary chicken.

Learning Outcomes:

I can **follow** the steps for making my own rosemary chicken dish.

I can **demonstrate** the safe handling of raw meat to avoid cross-contamination.

I can **evaluate** my dish by tasting it and suggesting ways to improve.



Ingredients:

- sea salt and freshly ground black pepper
- 3 sprigs of fresh rosemary
- 2 x 150g chicken breasts
- olive oil
- 1 lemon

Thoroughly wash and clean all utensils, chopping boards and surfaces used to prepare **raw chicken**. Wash hands thoroughly with soap and warm water, after **handling raw chicken**. This helps stop the spread of campylobacter by avoiding cross-contamination.

Method:

1. Pick the rosemary leaves and discard the stalks and chop the leaves then spread them over the foil (on the board) and sprinkle with a pinch of salt and pepper
2. Lay the chicken breasts on top of the rosemary and seasoning
3. Use a rolling pin to give them a few really good bashes until the chicken breasts are about 1cm thick
4. Drizzle the chicken with a little olive oil
5. Transfer foil with the chicken on to the oven tray without any cross contamination
6. Bake in the oven for around 30 minutes, turning over after 15 minutes.
7. Sprinkle with lemon juice and slice up to serve.

Week 8 – Independent work – Chicken Casserole

Activity: To follow the demonstration and recipe showing step by step process in making a chicken casserole and the use of different herbs to create flavour.

Learning Outcomes:

I can **recall** how to use raw meat safely and discuss the importance of avoiding cross contamination.

I can **demonstrate** my knowledge of why I should have 5 a day by preparing a varied meal and **explain** which parts of my dish relate to this.

I can **explain** how to store my dish safely and how to safely continue the cooking process at home.



Ingredients

- 1 onion
- 1 carrot
- 1 leek
- 1 potato
- Handful of mushrooms
- Pack of chicken thighs (boneless and skinless) or breast
- Chicken stock cube
- Seasoning and mixed herbs (school will provide)

Method

1. Peel and chop the vegetables.
2. Put some oil into a saucepan and add the chicken thighs/breast – cook all over until turned white.
3. Put the chicken into a casserole dish (foil containers are good for school)
4. Add onions to the pan and fry for couple minutes then add the rest of the vegetables.
5. Cook for a further 5 minutes
6. Add a tablespoon of plain flour and stir in then add the chicken stock stirring all the time until thickened.
7. Pour over the chicken and add the herbs. Cook in oven for 1hr. (20mins school then finished at home).

Skills required:

- Using a sharp knife*
- Measuring*
- Using the hob*
- Preparing vegetables*

Week 9 – Independent work – Basic Tomato Pasta Sauce

Activity: To follow the demonstration and recipe showing step by step process making a basic tomato sauce.

Learning outcomes:

I can **identify** pieces of kitchen equipment and what they are used for.

I can **demonstrate** my skills in making a basic pasta sauce that can be used in a range of dishes.

I can **evaluate and compare** my dish to my peers by tasting it and another pasta dish that used a different ingredient (basil/tuna/kidney beans).



Ingredients:

- 1 tbsp extra virgin olive oil (school will provide)
- 2 garlic cloves, thinly sliced
- 1 tbsp tomato purée
- 1 vegetable stock cube
- 1 tin chopped tomatoes
- **Plus choose one of the following:** fresh basil, a tin of tuna or a tin of red kidney beans.

Method:

1. For the basic tomato sauce, chop your garlic using the bridge and claw method.
2. Heat the oil in a wide saucepan then add the garlic and sizzle for 1 minute, without burning them.
3. Stir in the tomato puree.
4. Tip in the chopped tomatoes and stock cube then season with a generous amount of salt and pepper.
5. Simmer for 5 minutes until the sauce is rich and thick. Stir in the basil leaves, tin of tuna or kidney beans.
6. Simmer for 5 more minutes.
7. Pour half of your sauce into your pasta and stir through. Add a generous serving of sauce on top of pasta with parmesan cheese.

Week 10 – Independent work – Pizza Swirls

Activity: To follow the demonstration and recipe showing step by step process making pizza swirls.

Learning outcomes:

I can **follow** the steps for making my own pizza swirls

I can **demonstrate** my rolling and cutting skills to make my pizza swirls.

I am able to **evaluate** my end pizza swirls using the key words board and discuss what other ingredients could be added to change them.



Ingredients:

- 375g pack ready-rolled puff pastry
- 6 tbsp ready-made pasta sauce (not too chunky) or tomato puree
- 200g mature cheddar, grated
- 1 egg, beaten
- Choice of toppings e.g.: mushrooms, sweetcorn, ham, peperoni (or anything else you may like on a pizza – this should be to your taste!)

Method:

1. Lay out the puff pastry on a flat surface
2. Cover the pastry in the pasta sauce or tomato puree making sure you cover all areas
3. Add your choice of toppings
4. Roll up the pastry (like a swiss roll) and slice into 2cm chunks and lie flat onto your baking tray
5. Beat your egg and wash over the top
6. Bake in the oven until golden
7. Enjoy!

These are perfect for a quick lunch or a picnic!
You can add any toppings that you would like to have on a pizza or even experiment with different flavours you wouldn't usually try!

Maybe you could use a different type of cheese?

Week 11 – Independent work – Pasta Salad

Activity: To follow the demonstration and recipe showing step by step process making a pasta salad perfect for a picnic.

Learning outcomes:

I can **follow** the steps for making my own pasta salad for a picnic.

I can **demonstrate** the use of the bridge and claw method to prepare the vegetables for my pasta salad

I am able to **explain** what ingredients could be added or changed in the pasta salad to make it versatile.



Ingredients:

- 100g penne pasta
- 1 red onion
- chunk of cucumber
- 2 ripe tomatoes
- Tin of tuna or feta cheese
- Small tin of sweetcorn

Choose from one of the following to stir into your pasta salad:

- Spoonful of mayonnaise or yoghurt
- Spoonful of pesto sauce

Skills required:

Using a sharp knife
Using the bridge and the claw method
Preparing vegetables
Presentation skills

Method:

1. Put pasta in a pan and cover with water. Boil until cooked (10 mins)
2. Meanwhile, wash vegetables then chop into bite size pieces.
3. Drain the pasta and cool under cold water using a colander.
4. Add pasta to your container and mix in vegetables.
5. Add tuna or cheese and any other ingredients of your choice.
6. Stir through adding the sauce.

Top Tip: Try adding chopped cooked chicken or beans instead of tuna/feta to this dish.

Week 12 – Independent work - Scones

Activity: To follow the demonstration and recipe showing step by step process to make fruit scones.

Learning outcomes:

I can **follow** the steps for making my own scones for a picnic.

I can **demonstrate** the use of the rubbing in technique to make my scones.

I am able to **explain** what ingredients could be added or changed to make a different flavoured scone.



Ingredients:

- 200g self raising flour
- 50g butter
- 125ml milk
- 50g sugar
- 50g sultanas

Method:

1. Rub in flour and butter
2. Add sugar and sultanas and stir through
3. Add milk to bring into a dough
4. Flour the bench and pat the dough into a 2cm shape
5. Cut into circles, place on tray and brush with egg.
6. Bake for 15 minutes

Top Tip: Try swapping sultanas for other dried fruit!

You could also try and make savoury scones, omitting the sugar and replacing the sultans with cheese.

Week 13 – Oaty Biscuits

Activity: To follow the demonstration and recipe showing step by step process to make

Learning outcomes:

I can **follow** the steps for making oaty biscuits.

I can **demonstrate** the creaming technique to cream together the butter and sugar.

I can **discuss** and suggest the different healthy options I could include in my oaty biscuit.



Ingredients:

- 100g butter
- 100g self-raising flour
- 50g sugar
- 50g porridge oats

Method:

1. Set oven to gas mark 4/ 180oC
2. Cream margarine and sugar until light and fluffy.
3. Add the flour, then add oats and mix well.
4. Roll dough into a small ball and place on baking tray, flatten slightly.
5. Bake for about 10 –15 mins until golden brown.
6. Take out of oven and allow to cool before putting into container (or eating!)

Top Tip: Try experimenting at home with different ingredients such as raisins or dried fruit to add nutritional value.

Week 14 – Independent work – Savoury Rolls

Activity: To follow your own recipe to make your own flavour of savoury roll based on your taste evaluation from last lesson.

Learning outcomes:

I can **follow** my steps for making a savoury role of my choice.

I can independently **demonstrate** I can change flavours to make my own savoury role.

I can **evaluate** my savoury roll using key words to describe it.



Ingredients

- 375g ready rolled puff pastry
- flour, for dusting
- 1 egg, beaten
- Child's own choice of filling based on their planned recipe

Method (sausage rolls pork/chicken):

7. Lay out the ready rolled pastry on a sprinkle of flour
8. Put any sauce, pickles or chutneys over the pastry leaving 2cm around the edges
9. Empty sausage meat into the bowl, add 1tbs of water and combine with hands
or
if making cheese and onion rolls, grate your cheese and use the onion choppers to finely chop onions and combine in bowl.
10. Place sausage meat/cheese and onion mixture onto the pastry.
11. Whisk egg together and then brush the pastry boarder with egg mixture and fold over and seal.

Brush all with egg mixture and bake in oven until golden.

Top Tip: Check the key words board for awesome adjectives to describe your food!