

Other Activities:

- Food Hygiene Create posters
- A healthy plate of ingredients – draw and label
- Culture – link to where food is made /who by
- Recipe card – pictures/ingredients/instructions
- Poster with Products- List knowledge (vocab) skills learnt / pictures -names of utensils

Ovens and cookers should only be used with adult supervision

Jewellery removed, hair tied back, sleeves rolled up, aprons are on, hands are washed, cuts covered with a waterproof dressing, work area been cleaned.

Any food allergies/intolerances must be identified.

Wraps Year 3



INGREDIENTS

4 flatbread wraps

1 can tuna in water, drained and flaked with a fork

1/4 cup finely diced red bell pepper

1/4 cup canned black beans, drained and rinsed

1/4 cup frozen corn, thawed

1/4 cup chopped plum tomato

1/2 avocado, chopped

1 tablespoon chopped cilantro

1/2 cup non-fat Greek yogurt

1/2 teaspoon Kosher salt

1/2 teaspoon chili powder

1/4 teaspoon cumin

1/4 teaspoon onion powder

small pinch garlic powder

lettuce

INSTRUCTIONS

Combine tuna, pepper, black beans, corn, tomato, avocado, and cilantro in a bowl. In a separate small bowl stir together Greek yogurt with spices. Add Greek yogurt sauce to tuna salad and gently stir to combine.

Add lettuce to each wrap and top with this Healthy Southwest Tuna Salad. Wrap up, cut in half, and devour

Cupcakes Year 3



How to Make the Buttercream Frosting

You will need:

1 1/2 cups (340 grams) of butter in room temperature

5 1/2 cups (650 grams) powdered/caster sugar

2 tsp vanilla extract

Milk (around 2 tbsp)

How to Make the Noses

There are many ways to make the nose!

1. Use fondant and orange food colouring and roll out a little piece of the fondant to make a nose shape.
2. You can use orange icing, and make a dot? It will look cute as well!

How to Stick the Noses to the Marshmallow Heads

To stick the fondant noses to the marshmallows, use a little bit of water. You could also use sugar fondant glue, or even a little bit of shortening will help!

Method:

Using a mixer whip the butter until light and creamy (colour will become pale).

Then add the caster sugar and mix until it's fully incorporated.

Add the vanilla extract and milk, and beat on high speed.

You could also add a pinch of salt to balance the taste. If it's a bit too dry, add a bit more milk and mix again.

I would recommend using the buttercream right away, but if you put it in the fridge it can stay there for up to 4 weeks but make sure that it's in room temperature when you work with it

Pizza Year 4

INGREDIENTS:

DOUGH:

- ½ oz / 10g Fresh yeast
- 1 cup / 250ml Lukewarm milk or water
- 4 cup / 850g All-purpose flour
- 1 cup / 250ml Water
- ¾ oz / 20g Extra virgin olive oil
- 2 teaspoon / 10g Salt

SAUCE:

- 3 medium sized Tomatoes
- 3-4 leaf Fresh basil
- 5-10 leaf Fresh oregano
- 1 teaspoon Salt

TOPPING:

- 10 oz / 300g Cheese of choice (Mozzarella, Gouda, Edam...)

HOW TO MAKE HEALTHY PIZZA:

1. Combine lukewarm milk or water and yeast in a cup. Set it aside for about 5 minutes. If it gets foamy don't worry. It's perfectly normal.
2. In the meantime, add the flour, water, olive oil and salt to a big bowl.
3. Pour the yeast and water mixture into the bowl too; knead until all the flour is incorporated, and the dough is smooth and elastic. If the dough seems to be dry, flaky on the sides and it looks like climbing too much up on the hooks we may add a bit of extra water to it. Be careful and only add one teaspoon at a time.
4. Leave the pizza dough in the big bowl, cover it with a clean kitchen towel on top and set it aside in a warm place whilst we prepare the pizza toppings. In case the kitchen is cold we may want to pop the bowl with the dough into the oven at no more than 100°F / 40°C. Make sure that it isn't more than that as too high temperature will kill the yeast before it could raise the dough! Check the temperature several times during this proofing period. As a general rule if it's too hot for the hands it's too hot for the dough too. This will take an hour and we know it's ready when the dough grows about the double of its original size.
5. Wash tomatoes, cut in quarters and put them into the food chopper with 4 basil leaves, oregano and a pinch of salt to chop and mix them a bit. Try to use fresh herbs as it will really make a difference! (If we feel adventurous then slip in a bit of garlic and fried onion too.)sauce
6. Pour chopped tomatoes into a frying pan and cook about 5 to 10 minutes on medium heat to get a somewhat thicker texture. Stir whilst cooking. We can skip this step entirely and spread a couple of spoonful tomato directly onto the pizza. (Check out the **Low Carb Condiments** for detailed Tomato Sauce recipe)
7. Grate cheese and get it ready to put on.

Take pizza dough out of the bowl onto a floured work surface when we finished preparing toppings, in about 60 minutes



Year 5 Making tortillas

Ingredients

2 cups all-purpose flour

3/4 cup water

1/2 teaspoon salt

3 tablespoons olive oil



Directions

- 1 In a large bowl, combine flour and salt. Stir in water and oil. Turn onto a floured surface; knead 10-12 times, adding a little flour or water if needed to achieve a smooth dough. Let rest for 10 minutes.
- 2 Divide dough into 8 portions. On a lightly floured surface, roll each portion into a 7-in. circle.
- 3 In a greased cast-iron or other heavy skillet, cook tortillas over medium heat until lightly browned, 1 minute on each side. Serve warm.

Guacamole

Ingredients

Serves: 16

2 avocados - peeled, stones removed and chopped

1 small red onion, finely chopped

1 clove garlic, minced

1 ripe tomato, chopped

1 lime, juiced

salt and freshly ground black pepper to taste

Powered by [vvnsk.com](http://www.vvnsk.com)

Method

Prep: 10 min > Ready in: 10 min

1. Mash avocados in a medium serving bowl. Stir in onion, garlic, tomato and lime juice. Season with salt and pepper to taste.

[Recipes](#) / [Dish type](#) / [Starters](#) / [No cook starters](#)

Easy guacamole

★★★★★ (965)

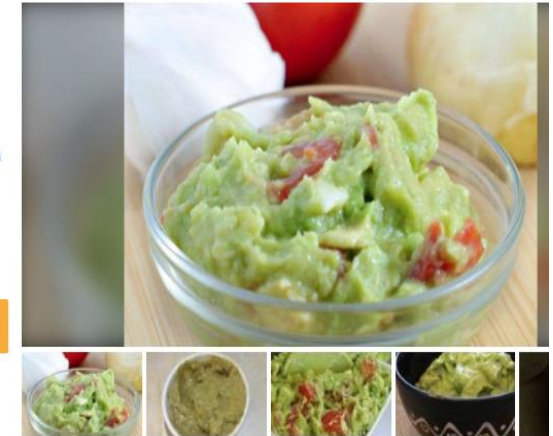
10 min | 691 reviews

A quick, simple recipe for a tasty guacamole with tomatoes. Serve with tortilla crisps for a festive party nibble.

 Recipe by: Denise Goodman

I made it!

1895 people made this



Salsa

Fresh Salsa Ingredients

- **Fresh Roma tomatoes** – use the nice and red ones, avoid anything soft.
- **Canned tomatoes** – I like to use canned in addition to fresh because it gives the salsa a better consistency.
- **Fresh cilantro** – cilantro adds key flavor, don't omit this!
- **Jalapeno** – this adds a nice kick. If you don't like heat you can replace it with 1/4 cup chopped bell pepper, or omit.
- **Red onion** – yellow onion can be used here as well.
- **Green onion** – if you don't want to buy both kinds of onions you can omit the green onions and add just a little more red onion.
- **Garlic** – it may seem small but garlic packs a flavorful punch. Only use fresh garlic here for best flavor.
- **Lime** – this really brightens up the salsa.
- **Chili powder and cumin** – I don't always add these but they're a nice addition if you have them on hand.
- **Sugar** – just a touch balances out the acidity of the tomatoes and lime.
- **Salt and pepper** – the salsa would taste flat without the salt and the pepper adds a light kick.



How to Make the Best Salsa

Making salsa at home couldn't be easier! Here's how you'll make it:

- Roughly chop the vegetables (and fruit if you want to get technical, those tomatoes).
- Add vegetables to a food processor along with spices and lime juice.
- Chop in quick bursts until it's finely chopped up.

Year 6

<https://www.english-heritage.org.uk/siteassets/home/visit/ve-day-75/english-heritage-ve-day-pack.pdf>

CHEESE & MARMITE SWIRLS

12 oz / 340g plain white or wholemeal flour
4 oz / 115g margarine
4 oz / 115g strong cheddar cheese
2 eggs (or 7tbsp dried eggs)
1 teaspoon dried mustard powder
Salt and pepper
3 teaspoons of quick rise dried yeast
Marmite for spreading

METHOD

1. Mix together the flour, mustard powder, seasoning, yeast in a large bowl.
2. Break up the margarine and rub into the dry mixture, then add in the grated cheese.
3. Mix in the two beaten eggs and knead until a dough is formed.
4. Next, flour your work surface and rolling pin. Roll out the dough into an oblong shape about 1cm thick. You can make two smaller batches by breaking the dough in half.
5. Spread the Marmite across the dough sheet, then roll up into a long swiss roll shape and slice along with a sharp knife. This recipe makes about 30 swirls.
6. Place whirls on a greased baking tray, and brush with a little milk (optional) to glaze.
7. Place in the oven at gas mark 6 / 200 C for about 12-20 minutes.

VICTORY PARTY RECIPES

SWEET TREATS

CARROT SCONES

12 tbsp self raising flour & 1 teaspoon baking powder – sifted together
2 tbsp butter (or margarine)
4 tbsp sugar
8 tbsp grated carrot
A few drops of vanilla essence
English Heritage Raspberry Preserve

METHOD

1. Pre-heat oven to gas mark 6 / 200°C. Grease a baking tray.
2. Leave the butter out so that it becomes nice and soft to work with - this makes it easier to mix in the sugar. Beat these until they are light and creamed.
3. Add in the grated carrot, a bit at a time. It won't look like the prettiest thing in the world – but stick with it. Add in the vanilla.
4. Slowly add the sifted flour. The more you beat, the more moisture the carrots will release to bind the mixture together. You will be left with a ball of sticky carrot-flecked dough.
5. Pinch and roll the desired amount between your hands. This recipe should make around 12 scones.
6. Place on baking tray and sprinkle with a little sugar (optional). Cook in the centre of the oven for about 20 mins.
7. Once firm on top and at the sides, remove from the oven and cool. Remove from the oven and cool.

75TH CELEBRATION
8 - 10 MAY 2020

VICTORY PARTY RECIPES

Corned Beef Potato Fritters: Making breadcrumbs, frying on a hob, mashing

<https://fussfreeflavours.com/cor>

An easy recipe for comforting corned beef and potato cakes. This uses up leftover boiled potatoes –or you can cook double the amount of potatoes next time you cook them. You can add extra potato to these, up to about 500g.

Servings: [12](#) patties Author: [Helen Best-Shaw](#)

 [Print Recipe](#)



4.6 from 5 votes

Prep Time	Cook Time	Total Time
12 mins	10 mins	22 mins

Ingredients

- 340 g can Princes Corned Beef
- 340 g boiled potatoes
- 1/2 tsp mixed dried herbs
- 1/2 tsp dried garlic granules
- 1 tsp soy sauce ((optional))
- 1 - 2 spring onions (chopped)
- 60 g breadcrumbs

[ned-beef-potato-cakes/](#)

Instructions

1. Mix all the ingredients except the breadcrumbs together, and then form into 12 patties about 6 - 7.5cm diameter, and about 1cm thick.
2. Press the patties in the breadcrumbs on both sides. Let rest in the fridge until cold (about an hour). Fry, turning once, until golden brown.

Notes

- Do not skip the chilling stage, it helps the potato cakes stay together when frying them.
- You can make these in advance and keep in the fridge for a day.

