

S1 Recipes

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Ice Cream Milk Shake



I am learning today.... to work safely and hygienically in the school kitchen and to measure accurately.



I am successful if I can....

follow the kitchen routine at the beginning of the practical lesson and to follow the washing up routine after cooking.
I am successful if I am able to measure accurately using the metric spoon and the measuring jug.

Preparation:

1. (Kitchen Routine)
2. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
3. Tie long hair back, Jewellery off and no nail varnish
4. Fill basin with hot soapy water and wash work surface with a damp cloth
5. Dry work surface with a paper towel and Wash hands.
6. Collect equipment



Ingredients

100 ml semi-skimmed milk
15 ml milk shake syrup
1 portion of ice cream
1 biscuit - (if you drink milk shake in class).

Equipment

1 Measuring jug (each)
1 15ml Metric spoon (each)
1 Hand blender (1 between 2)
1 Silicone Mat (each) (place under jug)
1 Tumbler/ plastic glass (or your own container)

Method


1. Collect equipment
2. Watch teacher demonstration on how to measure accurately using a measuring jug and metric spoon.
3. Measure milk into measuring jug
4. Measure 15ml of your chosen milk shake syrup and put into jug
5. Teacher will demonstrate how to use the blender safely. Watch and listen!
6. Teacher will add the ice cream to your measuring jug.
7. Collect a blender between 2. Blend till smooth and pour into tumbler/plastic glass
8. Stack dirty dishes at the side of the sink (Not on the drainer) and wipe down work surface.
9. Wash up using **Washing Up Routine**. (SEE POSTER AT SINK FOR THE CORRECT ORDER)
10. Collect biscuit. Drink milk shake or pour into your container.

Storage instructions:

Ready to use. Store in an airtight container in the fridge. For best results drink within a day.

Fruit Kebab (Between 2)

 **I am learning today....** Today I am learning to use a sharp knife safely.

 **I am successful if I can....** follow the teacher's instructions on how to carry and use the knife safely.

Preparation:

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect equipment
4. Collect Ingredients
5. Wash Grapes, Strawberries (and any other soft fruit)



Ingredients

- | | |
|--|---|
| <ol style="list-style-type: none"> 1 Satsuma 1 Honeydew melon slice 1 Small bunch of grapes, ¼ Banana 2 Strawberries (if in season)
or other soft fruit | <h3 style="text-align: center;"><u>Equipment</u></h3> <ol style="list-style-type: none"> 2 Kebab Sticks (each) 1 Green chopping board (each) 1 Vegetable Knife (each) 1 Paper towel each (for peelings) 1 Silicone Mat (each)
(place under chopping board to stop it slipping) |
|--|---|

Equipment

(Share the chopping of the fruit so that each member of the team gets to use their new skill of chopping safely.)


Method


1. Remove the grapes from their stalks
2. Peel the Satsuma and pull each apart into individual segments
3. Pay attention to the teacher demonstration on how to use the knife. Using the knife and the chopping board to cut on, carefully slice the peel off the melon and cut the melon into small cubes
4. Peel & cut banana into thick slices
5. Cut strawberries in half
6. Follow the teacher demonstration on how to safely thread the pieces of fruit onto kebab sticks. Serve on a plate
7. Wash up using **Washing Up Routine**. (SEE POSTER AT SINK)

Storage instructions:

Ready to use. Store in an airtight container in the fridge.
For best results eat within a day.

Coleslaw

 **I am learning today....** to use a sharp knife safely and improve my peeling, grating, slicing and chopping skills.

 **I am successful if I can....** follow the teacher's instructions on how to carry and use the knife and grater safely.

Preparation:

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect equipment
4. On a plate collect cabbage, onion and carrot.
5. Measure 3 x 15ml mayonnaise into a large bowl.



Ingredients

- | | |
|--------------------------------|---------------------|
| 1 | small piece cabbage |
| 1/4 | onion |
| 1 | carrot |
| 3 x 15ml | mayonnaise |
| Optional additional ingredient | |
| 1/4 | apple |

Equipment

- Plate
- Large bowl
- Vegetable knife
- Vegetable peeler
- Chopping board
- Tablespoon
- Grater
- Dessertspoon
- Metric spoon
- Colander (1 between 2)
- 2 paper towels each
- Silicone Mat each (under chopping board)

Method

1. Slice cabbage, wash in colander. Pat dry with paper towel and add to bowl.
2. Peel onion
3. Wash, peel and rewash carrot.
4. Finely chop onion and grate carrot and add to bowl.
5. Grate carrot and add to bowl.
6. Wash and deseed (core) apple (IF USING). Pat dry with paper towel and chop into small pieces. Add to bowl.
7. Mix ingredients well.
8. Spoon into container.
9. Stack dirty dishes and wipe down surface.
10. Wash up using **Washing Up Routine** (SEE POSTER AT SINK)

Storage instructions: Ready to eat. Store in an airtight container in the fridge.
Best eaten within 1 day.

French bread pizza



I am learning today....

Today I am learning use the hot grill safely. I am also continuing to learn to measure accurately and work safely with a sharp knife. .



I am successful

follow the teacher's instructions on how to use the grill safely. I am also successful if I can measure accurately using a metric spoon as well as chop safely using a sharp knife.

Preparation:

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect equipment
4. Collect Ingredients
5. Switch on grill (make sure grill pan is out and door left open)



Ingredients

- 1 piece French Bread
- 25g Edam Cheese
(or 2 x 15ml grated cheese)
- 1/4 onion
- 15ml Pizza base topping
(or 15ml chopped tomatoes
and Pinch Mixed herbs)

Equipment

- 1 Grill pan and foil sheet
- 1 Green chopping board (each)
- 1 Vegetable Knife (each)
- 1 Paper towel each (for peelings)
- 1 Silicone Mat (each)
(place under chopping board
to stop it slipping)
- 1 Grater
- 1 Metric spoon
- 1 Plate

Method

1. Cover grill pan with foil.
2. Grate cheese using the coarse side of the grater onto a plate.
3. Slice onion on the chopping board and place to one side of the plate.
4. Carefully toast one side of the bread till golden brown
5. Turn bread over, toasted side down and place pizza topping or chopped tomatoes and onion on top. Cover with grated cheese and sprinkle on herbs
6. Place pizza under grill and cook until cheese has melted
7. Remove from grill and switch grill off. Serve on a plate
8. Wash up using **Washing Up Routine**. (SEE POSTER AT SINK)

Storage instructions:

Ready to use. When cool, store in an airtight container in the fridge.
For best results eat within a day.

Cheesy Beanos



I am learning today....

Today I am learning use the hot grill safely. I am also learning to grate safely .



I am successful if I can....

follow the teacher's instructions on how to grate and how to use the grill safely.

Preparation:

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect equipment
4. Collect Ingredients , bread, cheese on a plate
5. Cover the grill pan with tin foil.



Ingredients

1 slice bread
12.5g cheese
1 tablespoon baked beans
5 ml margarine

Equipment

Tinfoil
Grill pan (1 between 2)
Small bowl / chopping board
Plate
Knife
Metric spoons
Grater

Method

1. Preheat grill on high.
2. Grate cheese.
3. Toast bread on both sides. Put on plate and go back to place.
4. Spread toast with margarine, if wished.
5. Measure baked beans into a cup (if cold place in microwave for 30 seconds)
6. Place measured baked beans on toast
7. Sprinkle grated cheese over the baked beans.
8. Return to grill and grill till cheese is bubbling.
9. Switch off grill. Carefully remove toast and put on plate.
10. Sit and eat with a knife and fork OR place in your labelled container.
11. Stack dirty dishes and wipe down surface.
12. Wash up using **Washing Up Routine**. (SEE POSTER AT SINK)

Storage instructions:

Ready to eat. Store in an airtight container in the fridge.

Tuna Pasta Salad



I am learning today....

To continue to use a sharp knife safely and improve my dicing, slicing and chopping skills. I will also improve my boiling cookery process.



I am successful if I can....

follow the teacher's instructions on how to carry and use the knife safely. Also to boil water safely and complete the washing up in the allocated time.

Preparation:

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Fill pot with water and put on high to boil
4. Collect onion and pepper. Measure 2 x 15 ml mayonnaise into large bowl
5. Collect rest of equipment

Ingredients

50g pasta (1 cup)
½ onion
⅛ red pepper
40g tuna (¼ of tin)
2 x 15ml sweetcorn
30ml mayonnaise

Equipment

Pot
Vegetable knife
Chopping board & silicone mat
Large bowl
Cup & Plate
Dessert spoon
Metric spoon
Colander (1 between 2)

Method

1. Put a large pot onto boil. When boiling carefully add pasta to boiling water and cook for 12 minutes until soft.
2. When pasta is ready (soft) drain pasta in a colander and rinse with cold water and add to large bowl.
3. Peel and dice onion. Add to bowl.
4. Wash and slice red pepper. Add to bowl
5. Flake tuna on a plate. Add to pasta along with sweetcorn and mayonnaise.
6. Mix ingredients well. Spoon into container.
7. Stack dirty dishes and wipe down surface. .
8. Wash up using **Washing Up Routine**. (SEE POSTER AT SINK)

Storage instructions:

Ready to use. Store in an airtight container in the fridge.
For best results eat within a day.

Tuna Pasta Salad (Without Eggs)



I am learning today....

To continue to use a sharp knife safely and improve my dicing, slicing and chopping skills. I will also improve my boiling cookery process.



I am successful if I can....

follow the teacher's instructions on how to carry and use the knife safely. Also to boil water safely and complete the washing up in the allocated time.

Preparation:

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Fill pot with water and put on high to boil
4. Collect onion and pepper. Measure 100g tomatoes (1/4 tin) into large bowl
5. Collect rest of equipment

Ingredients

50g pasta (1 cup)
 1/2 onion
 1/8 red pepper
 40g tuna (1/4 of tin)
 2.5ml basil
 100g tomatoes

Equipment

Pot
 Vegetable knife
 Chopping board & silicone mat
 Large bowl
 Cup & Plate
 Dessert spoon
 Metric spoon
 Colander (1 between 2)

Method

1. Put a large pot onto boil. When boiling carefully add pasta to boiling water and cook for 12 minutes until soft.
2. When pasta is ready (soft) drain pasta in a colander and rinse with cold water and add to large bowl.
3. Wash and slice red pepper. Add to bowl
4. Peel and dice onion. Add to bowl
5. Flake tuna in the bowl. .
6. Place large bowl with tomatoes, tuna, onion and pepper into microwave and cook on high for 1 minute.
7. Add drained pasta to bowl with ingredients
8. Mix ingredients well. Spoon into container.
9. Stack dirty dishes and wipe down surface. .
10. Wash up using **Washing Up Routine**. (SEE POSTER AT SINK)

Storage instructions:

Ready to use. Store in an airtight container in the fridge.
 For best results eat within a day.

Pasta al Pomodoro (Pasta between 2 - Sauce each)



I am learning today....

to work hygienically as I follow a recipe and to work safely as I use the hob. I am also learning to use my time effectively.



I am successful if I can....

follow the recipe exactly (preparation and method) and have the pasta water boiling and pasta on to cook before I prepare my sauce and drain the pasta safely. I am also successful if I follow the washing up routine instructions.

Preparation:

1. Follow Kitchen routine, (Recipe, Net cloth, tea towel, silicone mat, apron, long hair tied back, no nail varnish or jewellery on).
2. Take container out, Wash work surface and wash hands.
3. **Measure water (up to pot handle) into pot and put on high and bring to boil.**
4. Collect equipment
5. Collect and measure ingredients, (Pasta in Cup, Tomatoes & Basil in Jug, oil in small pot (each), Onion and mushrooms onto chopping board

Ingredients

Pasta

2 cups Pasta (1 each) (100g)

Sauce

¼ onion (each)

1-2 mushrooms (each)

5ml oil (each)

100ml tinned tomatoes (¼ of a tin)

1.25ml dried basil (each)

Salt and pepper

Garnish

15ml grated cheese (each)

Equipment

1 pot (largest for Pasta) - (between 2)

1 pot (for sauce –each)

Colander—1 between 2

Green chopping board (each)

Silicone mat (each)

Vegetable knife—(each)

Plate—(each)

Paper towel (for scraps)

Measuring jug (each)

Metric spoons (each)

Wooden spoon (each)

Fork (To test pasta)

Method

Pasta

1. Measure pasta in a cup.
2. Add pasta to boiling water and cook for 12 – 15 minutes until ready (al-dente).

Sauce

1. Collect tomatoes in measuring jug.
2. Wash and slice mushrooms. Put in measuring jug..
3. Peel and finely chop onions. Place on plate.
4. Measure oil into clean pot.
5. Wash up using **Washing Up Routine**
6. Put on medium heat. Fry onions for 1 minute. **DO NOT LET ONIONS BROWN.**
7. Add mushroom and tomatoes into the pan. Add a pinch of dried basil.
8. Bring sauce to boil then lower heat and simmer sauce for 5 minutes.
9. Test Pasta for readiness. Drain the cooked pasta when ready in a colander. **DO NOT DRIP WATER ON FLOOR.**
10. Add the cooked pasta to the sauce of cooked onion, mushroom and tomato & basil and stir well. **(MAKE SURE PASTA/& POT ARE NOT ON HEAT)**
11. Put pasta and sauce into container and garnish with a sprinkling of measured grated cheese
12. Finish **Washing Up Routine** (SEE POSTER AT SINK).

Storage instructions:

Ready to use. When cool, store in an airtight container in the fridge. Eat within 1 - 2 days.

Not Pot Noodle



I am learning today....

Use the kettle and the microwave safely.



I am successful if I can....

make sure cables are out of the way and use oven gloves to remove items from the microwave.

Preparation:

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect Ingredients and equipment
4. Put the kettle on (fill kettle to maximum level) and turn on
5. Measure 200ml of boiling water into the measuring jug.
6. Place 1/2 stock cube in water and stir

Ingredients

1/2 vegetable stock cube
1/2 onion
1 piece of red pepper
1 piece of courgette
1 mushroom
1 x 15ml sweet corn
1 x 15ml peas
50g noodles
15ml—30ml sauce

Equipment

Metric spoons
Green chopping board
Vegetable knife
Measuring jug
Fork
Small bowl
Spoon
Your labelled container

Method

1. Slightly break the noodles into the small bowl and add to measuring jug with 200ml boiling water and 1/2 stock cube.
2. Wash vegetables. (pepper, courgette, and wipe the mushroom)
3. Peel and finely chop onion and red pepper.
4. Chop the red pepper.
5. Slice the courgette and the mushroom.
6. Slice the mushroom
7. Place all the vegetables into the measuring jug with the broken noodles.
8. Place the jug into the microwave and cook on full power for 2 minutes.
9. Start to tidy up and wash up using Washing Up Routine (SEE POSTER AT SINK).
10. Carefully remove from microwave. (use oven gloves)
11. Add sauce to the jug and stir thoroughly.
12. Serve and enjoy!
13. Finish washing up routine (SEE POSTER AT SINK). Place into your labelled container

Storage instructions:

Ready to eat. Store in an airtight container in the fridge.

Best eaten within 1 day.

Microwave Chocolate Cake



I am learning today.... Use the mixers and the microwave safely.



I am successful if I can.... follow the recipe exactly (preparation and method) and have the cakes in the oven within 15 minutes of the class starting so that they will be cool to decorate with icing. I am also successful if I follow the washing up routine instructions.

Preparation:

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect Ingredients and equipment
4. Measure 50g Margarine and place in large bowl
5. Measure 50 g sugar and place in large bowl
6. Crack egg in a cup.



Ingredients

50g S.R. flour
50g caster sugar (2 level 15ml spoons)
50g soft margarine
1 egg
5ml Water
1 x 15 ml Cocoa powder

Dusting of icing sugar to decorate

Why not try cream and jam like a chocolate
Victoria Sandwich

Equipment

Scales (if flour not weighed)
Metric Spoon
1 Large bowl (for mixing)
350ml Mug or 1 small bowl (glass or ceramic for cooking)
Wooden spoon
Electric Mixer
Plastic Spatula
Large spoon
Cup
Fork
Your labelled container

Method

1. Collect all equipment and ingredients.
2. Grease a small glass bowl.
3. Weigh Margarine, flour, sugar and cocoa powder into large bowl
4. Crack egg into a cup and add to the large bowl and beat using a wooden spoon until smooth and creamy.
5. Using an electric mixer whisk all the cake ingredients for 2 minutes until light and fluffy.
6. Place the cake mixture into the bowl. Use the plastic spatula to scrape out all the mixture.
7. Level the top of the cake mixture with the plastic spatula.
8. Place the bowl in the microwave
9. Place in the microwave and cook at high for 1 minute (if not cooked fully put in for a further 10-30 seconds at full power.
10. Using oven gloves remove from the microwave and turn upside down into your labelled container and dust some icing sugar over the cake.
11. Tidy up and Wash up using **Washing Up Routine (SEE POSTER AT SINK)** and tidy work area

Storage instructions:

Ready to use Serve with custard or with jam and/or cream.
When cool, store in an airtight container in the fridge. Eat within 1 - 2 days.

Egg Free Chocolate Cake



I am learning today.... Use the mixers and the microwave safely.



I am successful if I can.... follow the recipe exactly (preparation and method) and have the cakes in the oven within 15 minutes of the class starting so that they will be cool to decorate with icing. I am also successful if I follow the washing up routine instructions.

Preparation:

1. Collect Tea towel, net cloth, silicone mat, apron, (recipe) between 2
2. Take container out, Wash work surface and wash hands.
3. Collect Ingredients and equipment
4. Measure 50g Margarine and place in large bowl
5. Measure 50 g sugar and place in large bowl
6. Crack egg in a cup.



Ingredients

30ml soft butter
15ml cocoa powder
30ml milk
5ml vanilla extract
45ml soft brown sugar
60ml S.R. flour
30ml chocolate chips

Dusting of icing sugar to decorate

Equipment

Scales (if flour not weighed)
Metric Spoon
1 Large bowl (for mixing)
1 small bowl (glass or ceramic for cooking)
Wooden spoon
Electric Mixer
Plastic Spatula
Large spoon
Cup
Your labelled container

Method

1. Collect all equipment and ingredients.
2. Grease a small glass bowl.
3. Weigh Margarine, flour, sugar and cocoa powder into large bowl
4. Crack egg into a cup and add to the large bowl and beat using a wooden spoon until smooth and creamy.
5. Using an electric mixer whisk all the cake ingredients for 2 minutes until light and fluffy.
6. Place the cake mixture into the bowl. Use the plastic spatula to scrape out all the mixture.
7. Level the top of the cake mixture with the plastic spatula.
8. Place the bowl in the microwave
9. Place in the microwave and cook at high for 2 ½ minutes.
10. Using oven gloves remove from the microwave and turn upside down into your labelled container and dust some icing sugar over the cake.
11. Tidy up and Wash up using **Washing Up Routine (SEE POSTER AT SINK)** and tidy work area

Storage instructions:

Ready to use Serve with custard.

When cool, store in an airtight container in the fridge. Eat within 1 - 2 days.

Infusion (1 between 4)



I am learning today....

to work hygienically and safely as I follow a recipe.



I am successful if I can....

follow the recipe exactly (preparation and method). I am also successful if I follow the washing up routine instructions.

Preparation:

1. Follow Kitchen routine, (Recipe, Net cloth, tea towel, silicone mat, apron, long hair tied back, no nail varnish or jewellery on).
2. Wash work surface and wash hands.
3. Collect equipment
4. Collect ingredients



Ingredients

Different ingredient per table

- 1 Orange
- or
- 1 Lime
- or
- 1 Lemon
- or
- 1/3 Cucumber
- or
- 8-10 Strawberries Or Handful of Mint

Equipment

- Water Jug
- Green chopping board
- Vegetable knife

Method

1. Fill Water Jug with ice and water.
2. Wash ingredient and slice it.
3. Place ingredient into chilled water and let infuse.
4. Wash up using **Washing Up Routine**. (SEE POSTER AT SINK).
5. Learn about the importance of keeping hydrated.
6. Test the different water infusions and vote for your favourite.

Infused Water IDEAS

Try These Refreshing Combinations

- Lemon + Thyme
- Cucumber + Lime + Strawberry + Mint
- Orange + Star Anise + Hibiscus
- Watermelon + Honeydew + Mint
- Lime + Ginger Root + Basil
- Cucumber + Mint + Jalapeno
- Lemon + Raspberry + Rosemary
- Orange + Blueberry + Basil

Gather loose herbs and flowers in a tea infuser.


Crush ginger and leafy herbs to release flavors.


Keep it simple. Think of flavor combos you like in other recipes and build from there.

allrecipes!

Storage instructions: Ready to use. When cool, store in an airtight container in the fridge.

Fruit Scones

 **I am learning today....** Today I am learning use the oven safely. I am also continuing to learn the 'rubbing in' method of baking.

 **I am successful if I can....** follow the teacher's instructions on how to use the oven safely and if I can create a mixture from the flour and margarine that looks like breadcrumbs.

Preparation:

1. Kitchen routine (hair, hands, apron, net cloth, tea towel, silicone mat, recipe)
2. Collect equipment.
3. Pre-heat oven Pre-heat oven to 220oC Gas Mark 8
4. Lightly flour a baking tray.
5. Measure flour into a bowl.
6. Measure margarine and add to flour
7. Measure milk into a cup


<u>Ingredients</u>	<u>Equipment</u>
100g Self raising flour	1 Scales (if not premeasured)
25g Margarine	1 Small bowl (to measure flour)
30ml Sugar	1 Plate (measure margarine.)
30ml Sultanas (optional)	1 Metric spoon set
5 x 15ml Milk (Approximate)	1 Large Bowl (each)
(Do not use the Milk all at once	1 Silicone Mat (each)
It is dependant on various	(place under large bowl)
factors you may not need it all)	1 Knife (each)
	1 Sieve
	1 Pastry cutter
	1 Cup
	1 Baking tray
	1 Wire cooling rack (1 between 2)
	1 Pot stand


Method

1. Rub the margarine into the flour using the fingertips, until it resembles fine breadcrumbs.
2. Stir in sugar and sultanas.
3. Make a well in the centre & **add only enough (NOT ALL)** milk to make a soft dough.
4. Knead lightly on a floured surface.
5. Flatten to 1 cm in thickness.
6. Using a 5cm cutter, cut the mixture into approximately 6 scones.
7. Glaze with milk and bake for 8-10 minutes till well risen and golden brown.
8. Wash up using **Washing Up Routine** (SEE POSTER AT SINK) & tidy work area
9. Test scones for readiness (they should sound hollow when tapped).
10. Place into your labelled container. Continue **Washing Up Routine**.

Storage instructions: Ready to eat. Store in an airtight container in the fridge. Best eaten on the same day it is made.

Baked Potato & Cheesy Beans

 **I am learning today....** to work hygienically as I follow a recipe and to work safely as I use the ovens. I am also learning to use my time effectively.

 **I am successful if I can....** follow the recipe exactly (preparation and method)
Use oven gloves to put food in and out of the microwave and oven
am also successful if I follow the washing up routine instructions.

Preparation:

1. Kitchen routine (hair, hands, apron, net cloth, tea towel, silicone mat, recipe)
2. Collect equipment.
3. Place 3 x 15ml of baked beans into a cup or small bowl
4. Measure 25g cheese
5. Put 1 potato on a plate
6. Turn on oven to 200 °C Gas Mark 6

Ingredients

1 potato
45ml Baked Beans
25g cheese

Equipment

Fork
Grater
Cup or Small Bowl
Small Plate
Large Plate
Baking Tray
Metric Spoon
Vegetable knife

Method

1. Preheat oven 200°C Gas Mark 6
2. Wash and pat dry potato
3. Stab potato several times with a fork. (make sure you don't injure yourself)
4. Place potato on plate and microwave on high for 5 mins.
5. Grate cheese
6. Remove from the microwave using oven gloves.
7. Put microwaved potato on baking tray. Place baking tray in the top shelf of the oven and bake for 10 -15 minutes.
8. and place in oven
9. Measure baked beans into a cup or small bowl (if cold place in microwave for 30 seconds)
10. When baked potato cooked carefully remove from oven and put on a plate.
11. Score a cross in the top
12. Place measured baked beans on top
13. Sprinkle grated cheese over the baked beans.
14. Place into your labelled container. Wash up using **Washing Up Routine** (SEE POSTER AT SINK) & tidy work area.

Storage instructions:

Ready to eat. Store in an airtight container in the fridge.
Best eaten on the same day it is made.

Couscous (Between 4)



I am learning today....

to use a sharp knife safely and improve my knife skills.



I am successful if I can....

follow safety instructions on how to carry and use the knife and slice safely.

Preparation:

1. Kitchen routine (hair, hands, apron, net cloth, tea towel, silicone mat, recipe)
2. Collect equipment.
3. Collect ingredients

Ingredients

1/8 vegetable stock cube
50ml Boiling Water
50g Couscous
1/2 Spring Onion
1/8 Red Pepper
1/8 Cucumber
1/4 Tomato
1 x 15ml Spoon of Low Fat Dressing

Equipment

Measuring Jug
Measuring Spoons
Large Bowl
Fork
Chopping Board
Sharp Knife
Wooden Spoon

Method

1. Make up the stock by dissolving the stock cube in the boiling water.
2. Pour the stock over the couscous in a large bowl.
3. Fluff with a fork and leave to stand for 5 minutes.
4. Chop the tomato and cucumber into small chunks.
5. Slice the pepper into small strips.
6. Slice the spring onion into small pieces.
7. Add all the vegetables to the couscous.
8. Stir everything together.
9. Measure the dressing and add it to the couscous
10. Wash up using **Washing Up Routine** (SEE POSTER AT SINK) & tidy work area
11. Place into your labelled container. Continue **Washing Up Routine**.

Storage instructions:

Ready to eat. Store in an airtight container in the fridge.
Best eaten on the same day it is made.

Pitta Pocket

 **I am learning today....** to use the sharp knife safely and improve my peeling, grating, slicing and chopping skills.

 **I am successful if I can....** follow safety instructions on how to use and carry the sharp knife and grate and chop safely.

Preparation:

1. Kitchen routine (hair, hands, apron, net cloth, tea towel, silicone mat, recipe)
2. Collect equipment.
3. Collect ingredients

Ingredients

1 pitta bread
1/4 Carrot,
1/2 Apple,
15ml plain, Greek yogurt
7.5ml mayonnaise
5ml lemon juice
2.5ml honey

Equipment

Green chopping board
Large bowl
Vegetable knife
Grater
Metric spoons

Method

1. Carefully cut a slit into the pitta pocket.
2. Wash, peel, re-wash carrot
3. Grate carrot onto chopping board and then put grated carrot into bowl.
4. Grate apple into bowl.
5. Chop chicken and put into bowl.
6. Mix yoghurt, honey and lemon juice in cup and then mix into ingredients in bowl.
7. Spoon the mixture into pitta pocket and serve.
8. Wash up using **Washing Up Routine** (SEE POSTER AT SINK) & tidy work area
9. Place into your labelled container. Continue **Washing Up Routine**.

Storage instructions:

Ready to eat. Store in an airtight container in the fridge.
Best eaten on the same day it is made.