

YEAR 7 RECIPE BOOKLET

Kings Langley School



LEMONADE

Ingredients

- 1 lemons
- 2 tbsp granulated sugar
- 300ml water



- 1. Place 200ml of cold water into a saucepan and add 2 tbsp. of sugar
- 2. Grate the rind of the 2 lemons into the saucepan
- 3. Cut the lemons in half and juice, add this to the saucepan
- 4. Stir the saucepan on the heat until sugar has dissolved remove from heat
- 5. Put the saucepan on your pot stand to cool
- 6. Once boiled remove from heat and add a further 100ml of cold water stir well
- 7. Sieve the liquid to remove the rind
- 8. Serve over ice-cubes



FRUIT SALAD

Ingredients

- 1 lemon or lime or orange
- 2 tablespoons granulated sugar
- 200ml water
- 4/5 fruits of your choice



Method

To make the fruit salad juice:

- Place 200ml of cold water into a saucepan and add 2 tablespoons of sugar
- 2. Zest and add the rind of the lemon/lime/orange to the saucepan
- 3. Boil on the hob until the sugar is dissolved
- 4. Take the saucepan off the heat and put on to the wooden triangle
- 5. Cut the lemon in half and juice
- 6. Add juice to the saucepan and stir
- 7. Sieve the mixture to remove the rind
- 8. Leave to cool

To make the fruit salad:

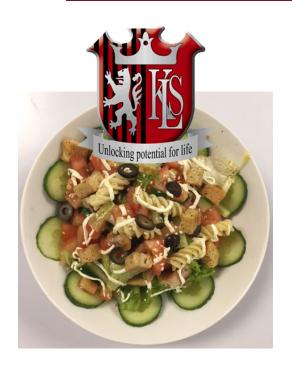
- 1. Remove the core of the apple and/or pear and slice into edible sized chunks (about 2cm wide)
- 2. Remove the skin of any citrus fruits, bananas, mango or kiwi and chop into chunks
- 3. Strawberries can be quartered, grapes can be halved and blueberries can be left whole



PASTA SALAD

Ingredients

- 100g pasta shapes
- 100g cheese
- 1 tomato
- ¼ cucumber
- 1 carrot
- 30g low fat mayonnaise



- 1. Fill your saucepan ¾ full with water
- 2. Boil the water using the hob
- 3. Once the water has boiled add your pasta and boil for 10 minutes or until soft
- 4. Wash your vegetables
- 5. Cut up your tomato and cucumber into bite size chunks then add to a large bowl
- 6. Grate your carrot and add in to the bowl
- 7. Grate your cheese and add to the bowl
- 8. Once your pasta is ready then drain it using a colander and run some cold water over it to cool it down
- 9. Add you pasta to your bowl
- 10. Add your low fat mayonnaise or another dressing (e.g. salad cream or pesto)
- 11. Mix so that the ingredients are mixed and coated in the sauce



CHEESE STRAWS

Ingredients

- 100 g Self Raising Flour
- pinch salt
- pinch mustard powder
- 50 g margarine block
- 75 g Cheese
- 1 medium egg



- Heat oven to 180°C, Gas Mark 4 and grease a baking tray using oil or butter
- 2. Mix together the flour, salt and mustard in a mixing bowl. Rub in the margarine until the mixture looks like breadcrumbs
- 3. Grate the cheese and stir it into the mixture
- Add the egg and mix using a palette knife until the mixture forms a dough
- 5. Dust the work surface with flour and the roll out the dough very thinly
- 6. Cut the dough into strips that are 2cm wide. Twist the strips once or twice then place on the baking tray
- 7. Bake for 10-15 minutes until golden



SCONES

Ingredients

- 225g Self raining flour
- 50g hard block margarine
- 100ml milk

Cheese scones add:

- 1tsp mustard
- 100g grated cheese

Fruit scones add:

- 50g dried fruit
- 50g caster sugar



- 1. Pre-heat oven to 220°c or Gas Mark 7
- 2. Place the flour and margarine into a bowl (and mustard powder if making cheese scones and sugar if making fruit or plain scones)
- 3. Rub in margarine/butter to the flour until it looks like breadcrumbs
- 4. Add the grated cheese or dried fruit if using
- 5. Add 100ml milk and mix to make a soft dough
- 6. Knead lightly on a slightly floured surface then roll until an inch thick
- 7. Cut out using a round cutter
- 8. Place on a floured baking tray
- 9. Brush the tops of the scones with milk
- 10. Cook for 10 -15 minutes until risen and browned



VEGETABLE SOUP

Ingredients

- 1 potato
- 1 carrot
- 1 sticks of celery
- 1 onion
- 1 vegetable stock cube
- 500ml hot water
- Salt and pepper to taste



- Peel and chop carrot and potato into small cubes.
- 2. Chop celery finely
- 3. Peel and chop onion finely
- 4. Add all vegetables to a large saucepan
- 5. Add 500ml of water so that the vegetables are covered
- 6. Crumble the stock cube into the saucepan
- 7. Put the lid on the saucepan and bring to the boil for 10 minutes
- 8. Turn down and Simmer for 25 minutes
- 9. Use a blender to liquidize the soup if you want a smooth soup
- 10. Add salt and pepper to taste and serve with a cheese scone



PASTA BAKE

Ingredients

- 75g pasta
- chopped tomatoes
- 1 tsp sugar
- Vegetable stock cube
- 1 pepper
- Onion
- Garlic
- 50g cheese



- Boil the pasta for 10 minutes until soft, then drain and leave to one side
- 2. Chop the onion into small pieces and use a garlic press for the garlic clove
- Remove the seeds and stalk from the pepper and chop into small bits
- Put 1 tbsp. oil into the saucepan and fry the vegetables for 1 minute
- 5. Add the chopped tomatoes, sugar and stock cube into the saucepan and heat for 5 minutes stirring continuously
- 6. Add the pasta and stir into the sauce
- 7. Put into a metal dish/oven dish, sprinkle with cheese and bake for25 minutesKINGS LANGLEY SCHOOL