



YEAR 7 RECIPE BOOKLET

Kings Langley School



LEMONADE

YEAR 7

Ingredients

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



Method

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

YEAR 7

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:

1. 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

YEAR 7

Ingredients

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



Method

1. Fill your saucepan $\frac{3}{4}$ 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

YEAR 7

Ingredients

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



Method

1. 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
4. 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

YEAR 7

Ingredients

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

Cheese scones add:

- 1tsp mustard
- 100g grated cheese

Fruit scones add:

- 50g dried fruit
- 50g caster sugar



Method

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

YEAR 7

Ingredients

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



Method

1. 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

YEAR 7

Ingredients

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



Method

1. 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
3. Remove the seeds and stalk from the pepper and chop into small bits
4. 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 for 25 minutes

