

# Fruity Rock Cakes



<https://www.youtube.com/watch?v=1dmv1q00IJU> – 1.56 minutes

When designing your rock cakes, try to think about the healthy eating guidelines - can you include any of these healthy eating options listed in the recipe below?

**Container with a lid, apron**  
**No nuts or nuts-based ingredients**

225g self-raising flour (for higher fibre – ½ wholemeal & ½ SR flour)  
75g sugar  
1 tsp baking powder  
125g butter (for lowering the saturated fats you could try Plow fat polyunsaturated margarine)  
100g dried fruit  
1 egg  
1 tbsp milk  
tsp vanilla extract – optional

## Method -

1. Preheat oven to 180C, line a baking tray with foil.
2. Rub together the **butter** and **flour** until it looks like breadcrumbs.
3. Mix in the **dried fruit**, **sugar** and **baking powder**.
4. Crack in the **egg** and add the **vanilla**.
5. Stir with a spoon until the mixture just comes together as a thick, lumpy dough.
6. Add a **teaspoon of milk** if you really need it to make the mixture stick together.
7. Place **golf ball-sized** spoons of the mixture onto the prepared baking tray.
8. Leave space between them as they will flatten and spread out.
9. Bake for 15-20 minutes, until golden-brown.
10. Remove from the oven, allow to cool.

**Never assume a pan handle or oven tray is cold!**  
**You cannot tell by looking at it!**



## A little bit of Science –

The **baking powder** will produce carbon dioxide gas to raise the cakes.

'**Short**' means to crumble – these cakes are short because the rubbing in process prevents the protein in the flour from absorbing too much liquid.

Eggs will **coagulate** to set the cakes.

Each portion (50 grams) contains

Energy	Fat	Sat fat	Sugar	Salt
797kJ 190kcal	8.7g	2.9g	12g	0.35g
10%	12%	15%	14%	6%

of an adult's reference intake  
Typical values per 100g: Energy 1623kJ / 388kcal

Nutrition				
Typical values	per 100g	per portion	% RI adult	RI adult
Energy kJ	1623	797	9	8400
Energy kcal	388	190	10	2000
Fat	18g	8.7g	12	70g
Saturated fat	8g	2.9g	15	20g
Carbohydrate	55g	27g	10	260g
Sugar	25g	12g	14	90g
Fibre	2g	1g		
Protein	5.1g	2.5g	5	50g
Salt	0.71g	0.35g	6	6g

This pack contains 12 servings.  
RI = Reference intake of an average adult (8400kJ / 2000kcal)

When cooking we are assessing the skills the students are using and mastering. The skills this recipe focusses upon are –

Weighing, measuring, adding liquids in a controlled manner, correctly & safely handling high risk ingredients, mixing, even shaping, rubbing in, baking, using the oven correctly and safely, testing for readiness, following written instructions, washing and drying equipment, independence.

# Chicken & Vegetable Curry



<https://www.youtube.com/watch?v=wsvfA0YOLUs> – chickpea and spinach curry, food with Chetna

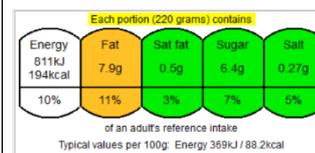
Container with a lid, apron  
No nuts or nuts-based ingredients

- 250g chicken / pork / turkey / Quorn / Squash
- 1 onion
- 1-2 cloves of garlic
- 1 large tin of chopped tomatoes (400g)
- 2-3 teaspoons curry powder / paste
- 100ml coconut milk or cream- low fat is good, as these are all saturated fats! You could try a vegan version?
- 1 tablespoon oil
- *Additional ingredients: You may want to add other vegetables to the curry, e.g. peppers, mushrooms, cauliflower, spinach, chickpeas, lentils, courgette, pumpkin, aubergine, etc.*
- you could change to a **Thai curry / jungle curry, Katsu curry** and substitute the tomatoes for ½ can of coconut milk.

1. Peel and chop the onion.
2. Peel and crush the garlic.
3. Prepare any additional vegetables used and place onto a tray / bowl.
4. Chop the chicken into bite size chunks.
5. Place the chicken into the saucepan with the oil, and fry for 5 minutes on a low heat.
6. Add the onion (plus any additional vegetables) and garlic, and fry for 5 minutes.
7. Add the tinned tomatoes and curry paste / powder (coconut milk if using). Allow to simmer for 10-15 minutes, stir regularly.
8. **If adding cream**, remove the curry from the heat and allow to cool slightly before stirring through.



Image from Google images

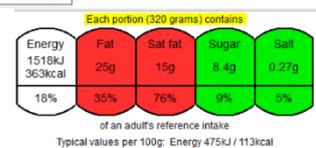


Without coconut milk

Nutrition	per 100g	per portion	% RI	RI
Energy kJ	369	811	10	8400
Energy kcal	88	194	10	2000
Fat	3.6g	7.9g	11	70g
Saturated fat	0.2g	0.5g	3	20g
Carbohydrate	3.3g	7.2g	3	260g
Sugar	2.9g	6.4g	7	90g
Fibre	0.9g	1.9g		
Protein	11g	24g	48	50g
Salt	0.12g	0.27g	5	6g

This pack contains 4 servings.  
RI = Reference intake of an average adult (8400kJ / 2000kcal)

With whole coconut milk



Please take note – the saturated fat has increased dramatically this is because coconut milk is a source of saturates.

Nutrition	per 100g	per portion	% RI	RI
Energy kJ	475	1518	18	8400
Energy kcal	113	363	18	2000
Fat	7.8g	25g	35	70g
Saturated fat	4.7g	15g	76	20g
Carbohydrate	3.3g	11g	4	260g
Sugar	2.8g	8.4g	9	90g
Fibre	0.7g	2.3g		
Protein	7.8g	25g	50	50g
Salt	0.09g	0.27g	5	6g

This pack contains 4 servings.  
RI = Reference intake of an average adult (8400kJ / 2000kcal)

When cooking we are assessing the skills the students are using and mastering. The skills this recipe focusses upon are –

Transferring and embedding skills, simmering, knife skills (even sized chunks appropriate for cooking time, bridge, claw), how to prepare an onion, using the hob correctly and safely, handling and cooking high risk ingredients, testing for readiness, Maillard reaction, following written instructions, seasoning, washing and drying equipment. independence.

# Enchiladas



<https://www.youtube.com/watch?v=jRITxTNRo1s> – Preppy Kitchen 8.39 minutes

## Oven dish/ cake tin, APRON

### No nut or nut-based ingredients

- leftover roast chicken meat, chopped or shredded OR 1 raw chicken breast.
- 1 pack tortilla wraps – try wholemeal to increase fibre
- 1/2 can red kidney beans OR mixed beans in chilli sauce.
- 1 carton tomato passata / canned tomatoes
- 1 packet fajita seasoning
- 1 onion, sliced
- 50g / 100g cheddar, grated
- Oil – 2tbsp

Optional extras (keep it to a minimum we have 40mins to cook) – pepper, garlic, courgette, mushrooms, sweetcorn.

### **Prepare the vegetables:**

1. Peel and slice the onions into julienne, along with peppers, courgette if using. peel and crush the garlic, slice the mushrooms.

### **Prepare the meat –**

2. Slice the chicken into julienne strips.
3. Thoroughly wash and dry your hands after touching the raw meat.

### **For the enchilada sauce.**

1. Add the oil to the saucepan and gently fry the chicken and onion for 5 minutes.
2. Add the remainder of the vegetables and continue to cook for a further 5 minutes.
3. Add the fajita seasoning and stir through.
4. Add the chopped tomatoes / passata and kidney beans.
5. Bring up to the boil and then reduce down to a simmer and cook for 15 minutes.
6. Lay out a tortilla, half fill one side and roll up (think a wrap).
7. Place into your oven dish, repeat until your ingredients are used.
8. Sprinkle the top with cheese.

### **At Home -**

1. Bake in a preheated oven at 190C/170C fan for 25 minutes, or until it is piping hot all the way through and serve with coriander and salad. Top Tip – to stop the tops from drying out or burning – cover the top with tin foil!
2. You can also pop them into the microwave.



Image from Google images

### **The main principles of healthy eating are:**

1. including plenty of a range of fruit and vegetables – at least 5 A DAY
2. including plenty of fibre-rich foods, especially wholegrains
3. including a range of protein-sources especially beans, peas and lentils
4. including some dairy foods or fortified alternatives
5. choosing mainly unsaturated fats and oils, and
6. minimising foods and drinks that are high in fat, salt and sugars.

### **When cooking we are assessing the skills the students are using and mastering. The skills this recipe focusses upon are –**

**Transferring and embedding skills, simmering, knife skills (even sizes – fine brunoise, julienne, bridge, claw), how to prepare an onion, using the hob correctly and safely, handling and cooking high risk ingredients, reduction sauce, testing for readiness, Maillard reaction, following written instructions, seasoning, washing and drying equipment. independence.**

# Fruit Crumble



<https://www.youtube.com/watch?v=a-dCICl6GeE> - Jamie Oliver 5.28 minutes

Today we will use eating apples not bramley apples, eating apples are naturally sweeter, so there is less need to add sugar, making this a healthier option.

**Oven dish/ cake tin, APRON**  
**No nut or nut-based ingredients**

## **Crumble topping –**

- 125g plain flour (to increase fibre you can use ½ plain & ½ whole meal flour)
- 75g sugar
- 50g butter / polyunsaturated margarine

**Optional extras** – 20g oats or other high fibre cereal, 1tsp cinnamon / ginger

## **Fruit filling -**

- 350g apples – use eating apples as they are naturally sweeter than cooking apples
- 350g pears
- 50g sugar
- 25g butter

**Optional extras** – 30g dried fruits, 1 punnet of berries.

1. Pre-heat the oven to 190°C.

## **To make the crumble topping –**

2. Sift the flour into a large bowl.
3. Rub in the butter (50g) using the tips of your fingers until the mixture looks like breadcrumbs.
4. Pour in the sugar, add any other topping ingredients and mix. set to one side.

## **To make the fruit filling -**

5. Peel the apples and pears, quarter them and take out the core.
6. Cut the fruit into different sized chunks (practice your knife skills) and place into the saucepan.
7. Add the butter and sugar and cook over a low heat until tender.
8. Transfer the fruit to an oven proof dish and cover with the crumble.

**At home** - Bake at 200c for 25 minutes or until piping hot.



Image from Google images



Evidence shows there are significant health benefits to getting at least 5 portions of a variety of fruit and vegetables every day. That's 5 portions of fruit and veg in total, not 5 portions of each. A portion of fruit or vegetables is 80g.

**When cooking we are assessing the skills the students are using and mastering. The skills this recipe focusses upon are –**

**Transferring and embedding skills, simmering, rubbing in, knife skills (brunoise, macedoine, julienne, jardinière, bridge, claw) draining, layering, using the hob and oven correctly and safely, testing for readiness, following written instructions, washing and drying equipment, independence.**

# Macaroni Cheese / Vegetable Bake



<https://www.youtube.com/watch?v=9aeCJGmEXqE> – Gordon Ramsey – 2.10 minutes

**Container with a lid / oven dish, apron.**

**No nuts or nut-based ingredients.**

250g pasta (wholemeal will increase the fibre) or cauliflower / broccoli  
40g butter (for lowering the saturated fats you could try polyunsaturated margarine)  
40g plain flour  
1 pint milk – semi skimmed is good  
250g grated cheddar (you could try low fat or low salt cheese)

**Optional extras - think – can I add at least 1 vegetable?**

50g grated parmesan, sweetcorn, peas, carrots, cooked bacon, ham, tuna.

1. Cook the pasta / vegetables in a large saucepan of boiling water for 10 - 15 minutes; drain well and set aside. You want them to begin to go soft – remember they will cook again in the oven!
2. **Melt** the butter over a medium heat in a saucepan.
3. Add the **flour** and stir to form a **roux**, cook for 2 minutes.
4. **Gradually** whisk in the milk, a **little** at a time.
5. Cook for 10-15 minutes to a thickened and smooth sauce.
6. Remove the sauce from the hob, **add ¾ of the cheese** and stir until the cheese is well combined and melted.
6. Add the **pasta / vegetables** to the sauce and mix well. Transfer to a deep suitably-sized ovenproof dish.
7. Sprinkle over the remaining cheddar.

**At home – bake on 180c for 20 -30 minutes or until piping hot.**

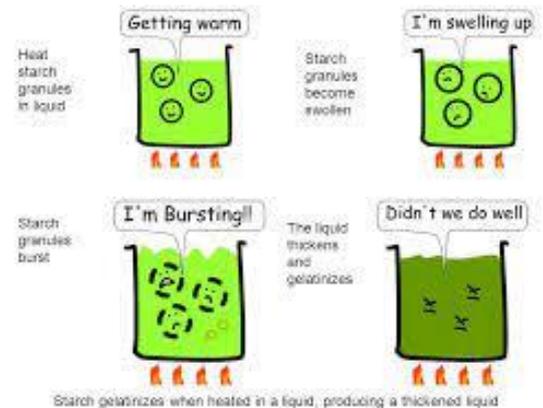


Image from Google images

## A little bit of Science –

When starch is mixed with water and heated, the starch granules swell and eventually rupture, absorbing liquid, which thickens the mixture.

On cooling, if enough starch is used, a gel forms. This process is used in the production of blancmange.



**When cooking we are assessing the skills the students are using and mastering. The skills this recipe focusses upon are –**

**Boiling, draining, making a bechamel sauce (gelatinisation), roux, grating, using the hob correctly and safely, mixing, knife skills if using vegetables – florets, jardinière, julienne, testing for readiness, following written instructions, washing and drying equipment, independence.**

# Chicken and Vegetable Gratin



**Oven dish with tin foil / cling film, apron.**  
**No nuts or nut-based ingredients.**

- 1 jar passata or tomato pasta sauce
- 3 tablespoons double cream/crème fraiche / mascarpone/ creamed cheese.
- 2 chicken breast / turkey meat / Quorn
- 1 Pepper chopped
- 2 slices of **stale** bread (crusts cut off) for breadcrumbs – wholemeal is good for fibre – optional.
- Grated cheese for topping - optional
- 1tbsp oil

**Optional extras – (remember you only have 40 minutes) – sweetcorn, courgette, mushrooms)**

## Bread crumbs –

1. Put into food processor and blend until you have rough crumbs.

## Filling –

2. Prepare the vegetables – slice into jardinière.
3. Prepare the meat – also slice into jardinière.
4. In the saucepan add the oil and meat and cook for 5 minutes.
5. Add the vegetables and cook for a further 10 minutes.

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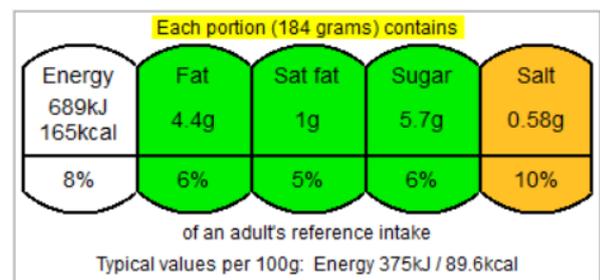
## Sauce -

6. Pour into your oven dish / container.
7. Mix the tomato passata or tinned tomatoes with the double cream / creme fraiche / mascarpone / creamed cheese.
8. Pour over the creamy passata, top with breadcrumb and cheese if using.

**At home - Bake in the oven at 200c, until the meat is piping hot and the breadcrumbs are crisp and brown.**



Image from Google images



Nutrition				
Typical values	per 100g	per portion	% RI adult	RI adult
Energy kJ	375	689	8	8400
Energy kcal	90	165	8	2000
Fat	2.4g	4.4g	6	70g
Saturated fat	0.6g	1g	5	20g
Carbohydrate	6.4g	12g	5	260g
Sugar	3.1g	5.7g	6	90g
Fibre	1g	1.8g		
Protein	11g	20g	40	50g
Salt	0.31g	0.58g	10	6g

This pack contains 4 servings.  
 RI = Reference intake of an average adult (8400kJ / 2000kcal)

**When cooking we are assessing the skills the students are using and mastering. The skills this recipe focusses upon are –**

**Transferring and embedding skills, simmering, knife skills (even sizes – fine brunoise, jardinière, bridge, claw), how to prepare an onion, using the hob correctly and safely, handling and cooking high risk ingredients, reduction sauce, testing for readiness, Maillard reaction, using the food processor, following written instructions, seasoning, washing and drying equipment. independence.**

# Rainbow Salad



<https://www.bbcgoodfood.com/recipes/layered-rainbow-salad-pots>

Thinking about the Eatwell Guide we will be designing and making a Rainbow salad.

**Container with a lid, apron.**

**No nuts or nut-based ingredients.**

## Carbohydrate –

- 250g pasta / rice / potato/ couscous / noodles – raw (not cooked)

## Vegetables / Fruit -

- –3 different vegetables, e.g. carrot, pepper, onion, spring onion, cucumber, olives, tomato, beetroot, lettuce, sweetcorn, etc.

## Protein -

Cooked - chicken, ham, beef, bacon, low fat sausage, chorizo, egg, tuna, salmon, Quorn, tofu, peas, beans, lentils, chickpeas. – cooked!

## Dairy –

- Cheese – blue, camembert, brie, cheddar, smoked, mozzarella, goats.
- Natural / Greek yoghurt (to make a dressing)

## Optional -

- –Your own choice of dressing, e.g. low-fat mayonnaise, salad cream, Caesar salad dressing, ranch, salsa, guacamole, etc.
- You can make your own.
- Herbs – basil, chives, coriander

1. Half fill a saucepan with cold water, place it on the hob and switch on.
2. Using a medium / high heat, heat the water until it is boiling.
3. Add pasta (potato / rice / noodles) and cook as label directs (until it feels soft). For the cous cous – read and follow the instructions on the back of the packet.
4. Drain the pasta using a colander in the sink.
5. Cool the pasta down by running cold water from the tap over it.
6. Pour the pasta into your container.
7. Peel / chop / slice / grate all other ingredients – remember to use the Bridge and Claw technique.
8. Add the prepared ingredients to the pasta and stir through or make layers.
9. Add your dressing and stir through.

8. Refrigerate.

**Never assume a pan handle or oven tray is cold! You cannot tell by looking at it!**



Image from Google images



The Eatwell Guide is the UK healthy eating model. It shows the proportions in which different types of foods are needed to have a well-balanced and healthy diet. The proportions shown are representative of your food consumption over the period of a day or even a week, not necessarily each meal time.

**When cooking we are assessing the skills the students are using and mastering. The skills this recipe focusses upon are –**

**Knife skills – brunoise, macedoine, julienne, jardinière, bridge and claw, boiling, draining, using the hob correctly and safely, boiling, simmering, testing for readiness, tasting for seasoning, following written instructions, washing and drying equipment, independence.**