

Practical work in Home Economics

1. Ingredients for practical cookery lessons are provided by the pupil.
2. Preparing for practical lessons is the responsibility of the pupil. It is part of their learning and is a homework activity.
3. Most of the recipes are intended to be flexible and can be adapted to suit individual tastes.
4. For ease of transport and storage and to avoid wastage, pupils should weigh ingredients at home and bring **ONLY** the amount of food required for the recipe.
5. Pupils must not bring any products containing **NUTS** to school - a number of our pupils have potentially fatal allergies to these foods.
6. Practical cookery skills should be practised at home.
7. Pupils are encouraged to adopt a healthy and positive attitude to food. The recipes included here represent a balance of all the food groups. Some of the desserts contain sugar and should not be eaten every day.

VEGETABLE AND SAUSAGE KEBABS (Between 4)

Please bring a container with a lid to carry this home.

Ingredients

- 1 courgette
- 1 red, yellow or orange pepper
- 8-10 small mushrooms
- 8-10 cherry tomatoes
- 8 cocktail sausages (school)**
- Wooden skewers (school)**
- Olive oil (school)**

Method

1. Pre-heat the oven to 200°C/gas mark 6 (*for fan assisted ovens reduce the temperature by 10°*)
2. Cut the courgettes into quarters lengthways, and the peppers into chunks.
3. Push the skewers through the cherry tomatoes, peppers, courgettes, mushrooms and sausages in any order, making sure the sharp end is away from you.
4. Brush the skewers with a little olive oil and place on a baking tray.
5. Cook for 20 minutes or until the vegetables are soft.

SKILLS

- ✓ Use a sharp knife.
- ✓ Treading food onto a skewer.
- ✓ Use the oven and timer.

WHEATEN BREAD



Please bring a clean tea towel to carry the bread home

Ingredients

225g wholemeal flour

25g margarine or butter

1 teaspoon baking soda (school)

200ml buttermilk (school)

Method

1. Pre-heat the oven to 200°C/gas mark 6 (*For fan assisted ovens, reduce the temperature by 10°C*)
1. Rub margarine into flour and sieved baking soda.
2. Add buttermilk to form a soft dough.
3. Place in a 250g loaf tin, bake for approx. 40 minutes.
4. When ready, turn out onto a cooling rack and wrap in a clean tea towel.

SKILLS

- ✓ Rub fat into flour
- ✓ Make a dough
- ✓ Use the oven safely
- ✓ Recognise when bread is cooked

TIP

Why not try to eat more dried fruit by adding raisins or dates to your bread.

SIMPLE TOMATO SAUCE



Ingredients

- 1 tin of plum tomatoes
- 1 clove of garlic
- 1 whole fresh red chilli pepper
- Pinch of dried oregano
- Freshly ground black pepper

Method

1. Crush the garlic, and then place all the ingredients into a small saucepan. Don't chop up the tomatoes. Gently simmer for 20-30 minutes. Remove the chilli and break up the tomatoes with a wooden spoon.

Ideas for using your tomato sauce

- Use to cover a pizza base, add cheese and bake for 10 minutes in a hot oven.
- To make a spicy sauce remove the chilli after 10 minutes, chop it up and return to the sauce. Use two chillies if you like it hot.
- With sausages. Pour the tomato sauce into an ovenproof dish. Place some butchers sausages on top of the sauce and cook at gas mark 6/200°C for about 30 minutes (for fan-assisted ovens reduce temperature by 10 °C).
- Serve with tagliatelle, spinach and crumbled goats cheese.

The sauce will keep in the fridge for a week or the freezer for a couple of months.

SKILLS

- ✓ Simmer
- ✓ Use the hob
- ✓ Make a sauce

FLAT BREAD PIZZA [Makes 1 Pizza]

Please bring only the amounts listed below to avoid wasting food

Ingredients

1 piece of flat bread

E.g. pitta pocket, naan bread, $\frac{1}{2}$ soda farl

2 tablespoons tomato & herb sauce

(Try making your own using the recipe opposite)

50g grated mozzarella or cheddar cheese

$\frac{1}{2}$ **teaspoon oregano (school)**

Toppings

1 tablespoon of 2 of the following:

Sweetcorn

pineapple

Mushrooms

green/red pepper

Method

1. Pre-heat the grill to high.
2. Spread the tomato & herb sauce on the bread and sprinkle with oregano.
3. Prepare the toppings.
4. Place toppings on bread. Add the grated cheese.
5. Place under the grill until cheese is melted and golden.

Serve as a snack or with a mixed salad for lunch.

Please note that you can use alternative vegetables for the topping - be thrifty and use up items from your fridge!

SKILLS

- ✓ Use a grater
- ✓ Use the grill

APPLE AND BERRY CRUMBLE



Please bring a 1 litre casserole or pie dish to cook the crumble and carry it home. A thick tin foil pie dish is also suitable.

Ingredients

Crumble Topping

120g plain flour

50g soft brown or caster sugar

50g flora or butter

Apple Filling

1 large cooking apple

200g fresh or frozen berries

eg blackberries, raspberries, blueberries

50g soft brown or caster sugar

Method

1. Make the crumble topping - place flour in a large bowl, then add flora or butter and rub into the flour lightly using your fingertips, until the mixture looks like breadcrumbs.
2. Add sugar and mix, leave aside.
3. Prepare the apple by peeling, coring and thinly slicing. Place in the dish with the sugar and berries and cover with the crumble.

AT HOME: Bake at gas mark 4/180°C for 30-40 mins (*for fan assisted ovens, reduce temperature by 10 °C*).

SKILLS

- ✓ Rub fat into flour
- ✓ Peel, core and slice apples
- ✓ Layer food

CHRISTMAS TRUFFLES (Between 4)

Please bring a suitable container to carry the truffles home

Ingredients

- 1 x 250g packet of digestive biscuits (*crushed into fine crumbs*)
- 1 x 170g tube **condensed** milk
- 1-2 tablespoons cocoa powder
- 75g flora or other spread
- 2 x 55g containers of vermicelli/sugar strands
- 50 mini muffin cases (**school**)

Method

1. Put crushed biscuits into a large bowl and add the cocoa powder.
2. Melt flora in the microwave. Add flora and condensed milk to dry ingredients and mix well.
3. With clean hands take about a teaspoonful of the mixture and mould it into a ball.
4. Roll in vermicelli, place in a mini bun case and leave to set.

These will keep in the fridge for 3-4 days.

SKILLS

- ✓ Use the microwave

RAGU SAUCE

Please bring a 1 litre container with a lid to carry this home.

200g lean minced beef (see tip below)

1 small onion

1 medium carrot

1 stick celery

1 400g tin of tomatoes

1 tablespoon tomato puree

1 teaspoon freshly ground black pepper (available in school)

1 teaspoon dried oregano (available in school)

1. Fry the minced beef in the wok until it is brown. Prepare the vegetables - chop the onion, slice the celery and peel and grate the carrot. For speed, use a food processor to finely chop all of these.
2. Add the vegetables (and lentils if you are using them) to the wok and cook for one minute.
3. Add all the other ingredients. Fill the empty tomato tin with water and add to the sauce. Then reduce the heat to simmer for 1 hour until the sauce has thickened.

TO REHEAT

Reheat gently in a wok, microwave or oven. Reheat until the food is piping hot.

Also suitable for freezing

TIP

Why not try to eat less meat and use 100g lean minced beef and 100g red lentils.

CRISPY CHICKEN AND BROCCOLI BAKE



Please bring a one litre ovenproof dish to make the bake and carry it home. A thick tin foil pie dish is also suitable

Ingredients

- 2 **COOKED** chicken breasts
- 150g of broccoli florets
- 1 can of **condensed** soup (Campbells or Batchelors)
- 100g cheddar cheese
- 100ml milk (school)
- 1 teaspoon of mild curry powder (school)
- 50g breadcrumbs (school)

Method

1. Steam broccoli for 4-5 min to soften but not cook (retaining some bite).
2. Cut the chicken into bite size pieces, grate the cheese and mix cheese with breadcrumbs.
3. Mix together the soup, milk, and curry powder.
4. Layer the vegetables and chicken, sauce, grated cheese and breadcrumb mixture.

AT HOME: Bake in oven for 25 min at 190°C/ gas mark 5. (For fan assisted ovens reduce temperature by 10°C). Once cooked

DO NOT REHEAT

SKILLS

- ✓ Prepare broccoli
- ✓ Use a steamer
- ✓ Use a grater
- ✓ Layer food

TIP

Why not try to eat less meat and use cauliflower or tuna instead of chicken.

LEMONY ROAST CHICKEN COUSCOUS

Please bring a 1 litre container with a lid to carry this home

Ingredients

100g couscous

(or 1 packet of flavoured couscous)

1 **COOKED** skinless chicken breast, sliced

1 small lemon or lime

Handful of dried apricots

150g cherry tomatoes

Large handful of mint leaves (school)

2 tablespoons of olive oil (school)

Method

1. Zest and juice lemon, add to olive oil to taste and add sliced chicken. Leave in fridge for 10 minutes to marinate.
2. Carefully add 120ml freshly boiled water to couscous, or **follow packet instructions** if using flavoured couscous. Stir and leave for 10 minutes until the water is fully absorbed.
3. Halve cherry tomatoes and chop dried apricots and mint. Fold in the tomatoes fruit and half of mint to the couscous. Drizzle the lemony marinade over the couscous, rubbing it in with your hands to break up any lumps. Serve with the chicken.

SKILLS

- ✓ Make couscous
- ✓ Measure liquids
- ✓ Boil kettle
- ✓ Marinade chicken
- ✓ Use a zester and lemon squeezer

TIP Why not try to eat more fish by using smoked mackerel or salmon instead of chicken.

MINI EASTER CUPCAKES (Between 2)



Ingredients

50g of self-raising flour
50g soft margarine
50g caster sugar
1 egg
12 mini eggs to decorate
 $\frac{1}{4}$ teaspoon of baking powder (school)
12 mini muffin cases (school)

Icing

100g soft margarine (school)
200g icing sugar (school)

Method

1. Preheat oven to 180°C/ gas mark 4 (*for fan-assisted ovens reduce temperature by 10°C*).
2. Put 12 mini muffin cases in bun tray.
3. Sieve flour and baking powder into large bowl.
4. Add margarine, sugar and egg and, using the electric beater, beat together until smooth.
5. Neatly spoon into muffin cases.
6. Place in oven and cook for 10 minutes until golden brown.
7. Transfer to a wire cooling rack and allow to cool.
8. Decorate with icing and top with one mini egg.

SKILLS

- ✓ Use an electric whisk
- ✓ Pre heat the oven and use the oven safely
- ✓ Recognise when cupcakes are cooked
- ✓ Use a piping bag to decorate food

MINI BREAKFAST FRITTATAS - make in groups of 4
Please bring a container with a lid to carry these home.

Ingredients

6 eggs

150ml milk

85g Parmesan cheese, grated (or any cheese available at home)

Choose **TWO** of the following (about a handful of each):

olives, baby leaf spinach, asparagus tips, cherry tomatoes,
sundried tomatoes, mushrooms, red pepper, spring onion.

Spray oil or muffin cases (available in school)

Salt and pepper (available in school)

Method

1. Heat oven to 180C/160C fan/gas 4.
2. Grease a 12-hole muffin tin or line with a muffin case.
3. Prepare your vegetable ingredients, by slicing **thinly** - place in glass bowl.
4. Beat the eggs and milk together in a measuring jug. Season with salt and pepper.
5. Add one heaped tablespoon of vegetables to each muffin hole.
6. Pour the egg mix evenly to fill about $\frac{3}{4}$ of each muffin hole.
7. Sprinkle over the Parmesan and cook for 18-20 minutes **or until set**.

Allow to cool for a few minutes, then remove from tin and eat warm or cold.

SKILLS

- ✓ Beat eggs
- ✓ Grate cheese
- ✓ Thinly slice vegetables
- ✓ Oven cook a mixture until set

ETON MESS (Between 2)

School will provide plastic glasses to serve this recipe

Ingredients

125/150 ml whipping cream

50g ready-made meringues

(2 meringue nests)

A small punnet of strawberries,

Raspberries or other berries.

$\frac{1}{2}$ tbsp icing sugar (school)

Method

1. Whip the cream until thick and creamy but not too stiff.
2. Roughly crush the meringues, leaving them in large chunks.
3. Put half the strawberries or raspberries into a mini chopper with $\frac{1}{2}$ tbsp icing sugar and whiz to a purée.
4. Quarter the rest of the berries.
5. Layer up the cream, crushed meringues, strawberries or raspberries and purée in glasses, ending with some fruit and purée.

SKILLS

- ✓ Whip cream
- ✓ Use an electric whisk
- ✓ Use a mini chopper
- ✓ Make a coulis
- ✓ Layer food

TIP

Make this recipe dairy free by using dairy free cream, either soya based cream or Lacto free cream.

For a healthier alternative, replace half the cream with Greek yoghurt.