

Vegetable Crudités Platter

Assorted vegetables such as
2-3 radishes,
2 carrots,
3-4 cherry tomatoes,
1 celery stick
½ cucumber
a pot of dip

Or any other fresh vegetables such as sweet peppers, red cabbage, spring onions, mini cucumbers, cauliflower, broccoli fennel or mushrooms to give a variety of **COLOUR** and **SHAPES**

A suitable container to take the crudités home in.

In class you will be preparing and cutting the vegetables to create an attractive vegetable platter. A selection of plates are available in school.



The date of this practical will be _____

Chocolate Beetroot Muffins

75g cocoa powder or powdered drinking chocolate
180g plain flour
2 tsp baking powder
250g caster sugar
250g cooked beetroot pureéd (you could use the precooked beetroot which is normally found in a vacuum packed packet in the salad display)
3 large eggs
200ml sunflower or vegetable oil
1 tsp vanilla extract
Icing sugar for dusting
12 muffin cases

A suitable container to take the muffins home in

1. Preheat the oven to 180C/355F/Gas 4. Arrange paper muffin cases in a 12-mould muffin tin.
2. Sift the cocoa powder, flour and baking powder into a bowl. Mix in the sugar, and set aside.
3. Put the pureéd beetroot into a mixing bowl. Add the eggs, one at a time, and then add the vanilla and oil and blend until smooth.
4. Make a well in the centre of the dry ingredients, add the beetroot mixture and lightly mix. Pour into the muffin cases.
5. Bake for 30 minutes or until the top is firm when pressed with a finger.
6. Cool on a wire rack and dust with icing sugar to serve.

The date of this practical will be _____

Stir Fry

200g meat, thinly sliced
2 nests ready to eat/pre-cooked egg noodles (please cook at home if pre-cooked cannot be purchased)
100g Tenderstem broccoli, cut into finger-lengths
200g mushrooms, shiitake or chestnut, halved or quartered
1 red onion, thickly sliced
1 red pepper, deseeded and thickly sliced
1 garlic clove, thinly sliced
thumb-size piece fresh root ginger, thinly sliced
1 tbsp vegetable or sunflower oil
½ tsp dried chilli flakes (optional)
3 tbsp hoisin sauce, mixed with 2 tbsp water

A suitable container to take the stir fry home in.

1. Prepare the mushrooms, onion, pepper, garlic and ginger.
Heat one teaspoon of the vegetable oil in a large non-stick frying pan or wok, then add the meat. Stir-fry the meat for two minutes over a high heat until browned.
Take the meat out of pan, and set aside on a plate. Return the pan to the heat and add the remaining oil. Add the peppers, onions, broccoli and mushrooms. Stir and cook for couple of minutes until just tender, but still brightly coloured, and the mushrooms are just browned.
4. Add the garlic, ginger and chilli flakes then sizzle for a few seconds till fragrant.
5. Tip in the cooked noodles and the meat and stir-fry until the noodles are hot. Add the hoisin sauce and water mixture, then mix so everything is coated in the sauce. If the noodles seem a bit dry, add a splash more water.

The date of this practical will be _____

White Vegetable Soup

200g mixed vegetables (e.g. carrot, onion, turnip, celery)
1 small potato
15g margarine
1 chicken stock cube
125 ml milk
15g cornflour
handful of fresh parsley

A suitable leakproof container to take soup home in.

1. Peel and finely dice all vegetables.
2. Melt the margarine in a pan and gently cook the vegetables for 10 minutes with the lid on.
3. Add 375ml boiling water to the stock cube and add to the vegetables.
4. Bring to the boil and simmer gently with the lid on for 10-15 minutes to soften the vegetables.
5. Using the hand blender, blend the soup until it is smooth.
6. Blend the cornflour in a little of the cold milk until smooth, add the remaining milk and stir into the soup off the heat.
7. Return to the heat and stir until the soup thickens.
8. Sprinkle the chopped parsley on top.

The date of this practical will be

Assessed Practical

You will be required to remake one of the recipes made so far this term. You will set yourself a target to improve from the first time of making (time management, preparation skills, quality of finish etc)

The date of this practical will be

Upside Down Fruit Pudding

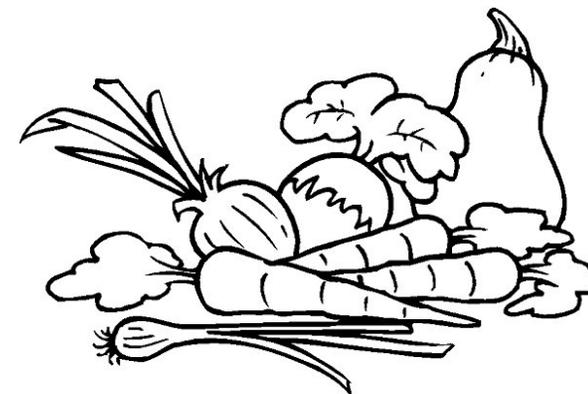
1 small tin pineapple rings /other suitable fruit
2 glace cherries (cut in half)
50g soft margarine
50g caster sugar
1 egg
50g S.R. flour
1 teaspoon baking powder
1 tablespoon of sugar (preferably brown)

Sandwich tin for baking/plate to carry home

1. Preheat oven to Gas 5 /190°C
2. Drain pineapple/ fruit thoroughly and arrange on bottom of tin. Cut cherries in half and arrange in holes and sprinkle sugar over.
3. Put margarine, sugar, egg and flour and baking powder into a mixing bowl. Using the electric hand mixer cream together until a soft consistency.
4. Spread mixture over the fruit and carefully wipe edge of dish
5. Bake for 25 –30 minutes until firm and 'springy' to touch.

The date of this practical will be

Food Preparation & Nutrition Recipes Year 10



Autumn Term Fruits and Vegetables

Crudités

Chocolate beetroot muffins

Stir Fry

White Vegetable Soup

Assessed Practical

Upside down fruit pudding