

Year 7 Food Technology
Cookbook
Not So Naughty Nibbles

FRESH FRUIT SALAD

INGREDIENTS

Choose at least 4 fruits from the list

- 1 red skinned apple
- 1 green skinned apple
- 1 pear
- 1 banana
- 1 orange or Satsuma
- Few black grapes or few green grapes
- OR fruits that are in season.

PLUS

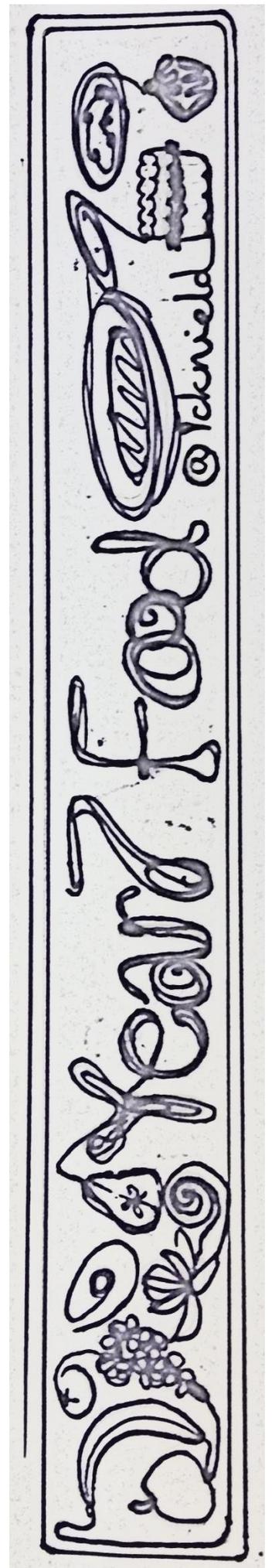
- 1 small carton of fresh orange or apple juice
- AND ice cream container or plastic box with lid for taking home.

EQUIPMENT

Vegetable knife, vegetable peeler, chopping board, newspaper.

METHOD

1. Collect all ingredients and equipment. Wash all fruit which is keeping its skin on.
2. Put fruit juice into your container.
3. Prepare fruit and immediately put into the fruit juice.
4. Cut apple (same for the pear) into 4 remove the core then cut into even sized pieces with the skin on .
5. Peel banana and slice evenly.
6. Peel orange or Satsuma and divide into segments, remove any pips, cut into small pieces.
7. Cut grapes in half remove any pips.
8. Put all peelings and cores into newspaper and put in the bin.
9. Chill fresh fruit salad before eating.



VEGGIE DIP-TASTIC!

INGREDIENTS

Choose at least 2 vegetables from the following list:

- 2 carrots
- ½ a cucumber
- 2 sticks of celery
- 1 red or yellow pepper

You can make any of the following dishes at home:

Hummus –

- 400g can chickpeas, washed and drained
- juice ½ lemon
- 1 garlic clove (peeled)
- 2 tbsp olive oil
- 2 tbsp tahini paste
- (add a cooked beetroot to make it turn purple)

Pink –

- 1tbsp Tomato Ketchup
- 3tbsp Mayonnaise
- 1tsp Paprika
- A few drops of Worcestershire sauce

Garlic & herb –

- 50g pot of soured cream
- 1 garlic clove - crushed
- 1tsp mixed herbs / some chives

Greek –

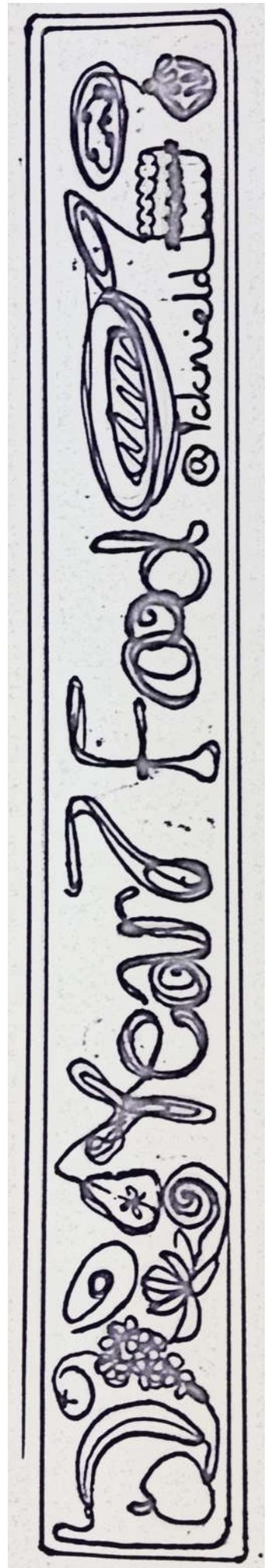
- 50g pot of greek yoghurt
- ¼ of a cucumber
- A sprig of fresh mint

OPTIONAL – add 1/2 teaspoon of curry paste for a twist

PLUS a jar to keep your dip fresh

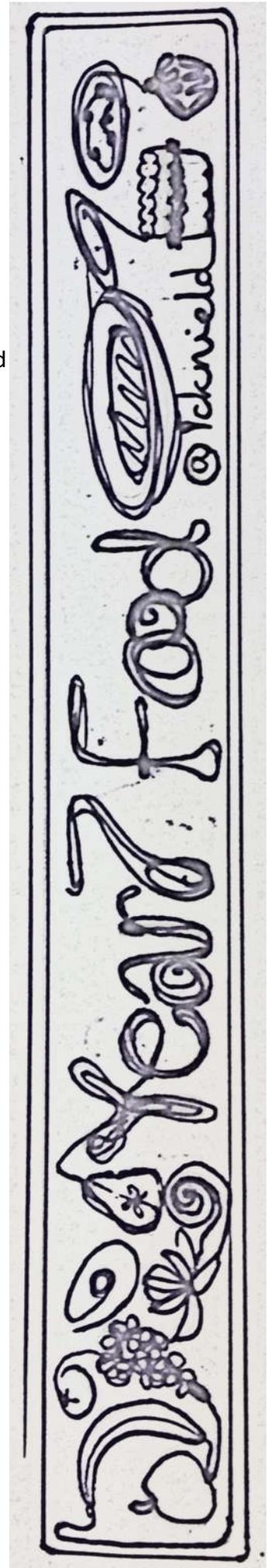
EQUIPMENT

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|------------------|-------------------|------------------------|
| Vegetable knife, | chopping board, | vegetable peeler, |
| small bowl, | garlic crusher, | spatula, blender, |
| measuring spoon, | kitchen scissors, | newspaper. |



METHOD

- 1 Peel the carrot, then top and tail.
- 2 Slice the carrot into sticks.
- 3 Cut around by rolling the pepper, first into quarters, pull apart, leaving the bulk of the seeds. Remove any remaining seeds from the pepper by hand and slice into strips.
- 4 Cut the cucumber into 10 cm lengths, place a nice flat and steady end standing up on the board, slice through. Now lie flat and cut down the length and the sides to make wedges.
- 5 Wash the celery and cut the top and tail.
- 6 Place your yogurt/mayonnaise/sour cream in the small bowl.
- 7 Add the rest of the ingredients for your dip - Snip the chives into the bowl / Crush garlic /Chop up cucumber / etc.
- 8 Stir everything together.
- 9 For the hummus, wash the chickpeas and place all ingredients to a blender or food processor. Blitz until smooth
- 10 Serve the dip, surrounded by the vegetables.



SUPER HUMAN SMOOTHIES!

INGREDIENTS

Super Smoothie

100g strawberries,
1 banana,
100ml milk,
50ml natural yoghurt,
1tbsp. clear runny honey

Perfectly Peachy

1 Peach,
1 Pear,
50g Raspberries,
100ml milk,
50ml natural yoghurt,
1tbsp. clear runny honey

PLUS a CONTAINER/BOTTLE to
drink your Smoothie from.

Mango Jango

1 Mango,
Small piece of melon,
100ml orange juice

Super Green Giant

1 Pear,
1 Banana,
A handful of baby spinach,
100ml apple juice

Get up and GO-GO

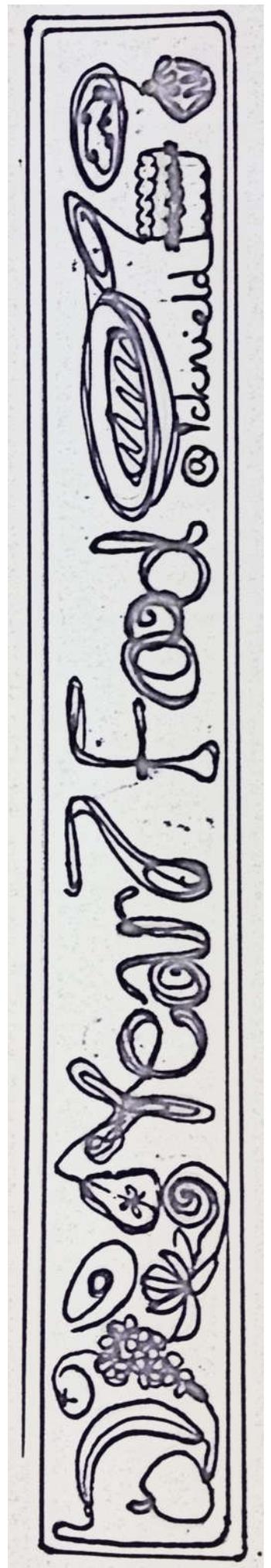
2 oranges,
1 Date,
1 tsp of cinnamon,
100ml almond milk,
1 tbsp. clear runny honey

EQUIPMENT

Vegetable knife, chopping board, vegetable peeler,
small bowl, blender, measuring jug, newspaper.

METHOD

1. Rinse and drain the fruit in cold water and then prepare them as learnt in your fruit salad task. For strawberries you need to hull them by holding the pointed end and slicing off the stem and leaves.
2. Cut up the remaining fruit in to small pieces for easy blending, and place into a bowl or jug with your liquid.
3. **Carefully** put the fruit pieces into the blender. Add the Remaining ingredients and put the lid on **securely**.
4. Blend the mixture until it is completely smooth. Pour the smoothie into tall glasses.



SUPER SCRUMMY SKEWERS

INGREDIENTS

Chicken 4x Skewers 1 Chicken breast 30ml natural yogurt 1 tsp curry paste (<i>tikka or korma recommended</i>) 4-6 mint leaves (<i>optional</i>) PLUS 1 red pepper/courgette 1 red onion	Halloumi 4x Skewers 150g Halloumi Cheese 30ml Sweet Chilli Sauce 4-6 basil leaves (<i>optional</i>) PLUS 1 red pepper/courgette 1 red onion
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EQUIPMENT

4 Wooden Skewers chopping board, vegetable knife,
small bowl, teaspoon, tablespoon,
spatula, kitchen scissors, newspaper.

METHOD

1. Soak skewers in water to help prevent them splintering and preheat grill to medium/high. Line tray with tinfoil.
2. For the chicken you will need to mix up the natural yoghurt and curry paste in to a small mixing bowl.
3. Cut up chicken or Halloumi into bite size pieces and add to small mixing bowl. Add Sweet Chilli Sauce to Halloumi. Stir to coat each in the sauce.
4. Cut up vegetables to bite size pieces.
5. Thread on to skewers alternating veggies and chicken/Halloumi.
6. Place on tray and cook under grill for 5-7 mins. Keep an eye on them.
7. Turn the skewers over to cook the other side for a further 5 mins.
8. Test chicken to see it's cooked through by cutting in half and checking it's all white and opaque – no pink.
9. SERVE!

