

Year 7 Food Technology

Cookbook

Brilliant Bakes

Chocolate Chip Cookies

Ingredients

70g soft margarine or butter

50g light brown sugar

1/2 tsp vanilla extract

1 egg yolk

120g self-raising flour **OR**

Double Chocolate

100g self raising flour and

20g cocoa powder

½ tsp baking powder

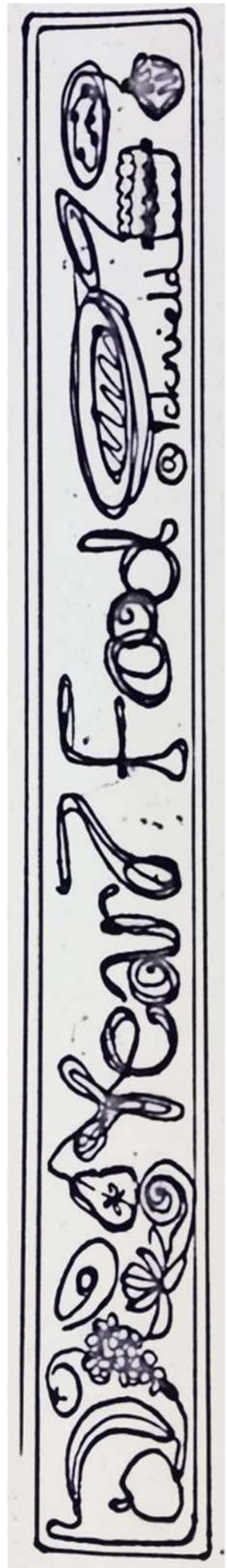
50g chocolate chips/ cooking chocolate/ chopped nuts/ glace cherries

Equipment

Mixing bowls – large and small, weighing scales, wooden spoon, fork, tablespoon, teaspoon, bowl scraper, sieve, baking tray, cooling rack, fish slice.

Method

1. Preheat the oven to 180°C/gas mark 4.
2. Cream the butter and brown sugar in a large mixing bowl with the back of a wooden spoon.
3. Beat the vanilla extract and the egg in a separate bowl with a fork then add to the mixture.
4. Weigh the flour, cocoa and baking powder on a plate and gradually add in to the creamed mixture.
5. Finally, fold in the chocolate chips.
6. Using a rounded 15ml-tablespoon measure, spoon out scoops of cookie dough and place on a greased baking sheet, leaving a little space in between each one.
7. Bake in the oven for 12 minutes and then let them sit on the baking sheet for a couple of minutes before moving them to a cooling rack



Blueberry Muffins

Ingredients:

250g Self raising flour
140g caster sugar
1tsp baking powder
85g butter or block margarine
2 large eggs
200ml milk
1tsp vanilla essence
150g blueberries

Muffin paper cases

Equipment:

Muffin Tray, mixing bowl, teaspoon, fork, measuring jug, wooden spoon, spatula

Method:

1. Turn oven on to 190°C/Gas 5, and place the paper cases in the tin.
2. In a large mixing bowl combine flour, sugar and baking powder.
3. Rub in the fat using fingertips until it resembles breadcrumbs.
4. Measure milk into a measuring jug and add the eggs, beat together with a fork.
5. Carefully stir in the milk/egg mixture to the mixing bowl until a dough is formed.
6. Fold in the blueberries.
7. Divide the mixture evenly between the paper cases.
8. Place into the oven for about 15- 18 minutes.
9. Remove from the oven and cool on a wire rack.



Cheesy Muffins

Ingredients:

275g (10oz) Self Raising Flour
1tsp Baking Powder
1tsp Mustard Powder
½ tsp Paprika
Black Pepper
75g (3oz) block margarine
175g (7oz) tasty cheese (grated)
1 egg
250ml (9fl oz) milk

Extras you could add

Substitute 50g Stilton for 50g cheddar
Substitute 50g Red Leicester for 50g cheddar
Add ½ finely chopped onion
Add 25g chopped walnuts
Add ½ chopped apple

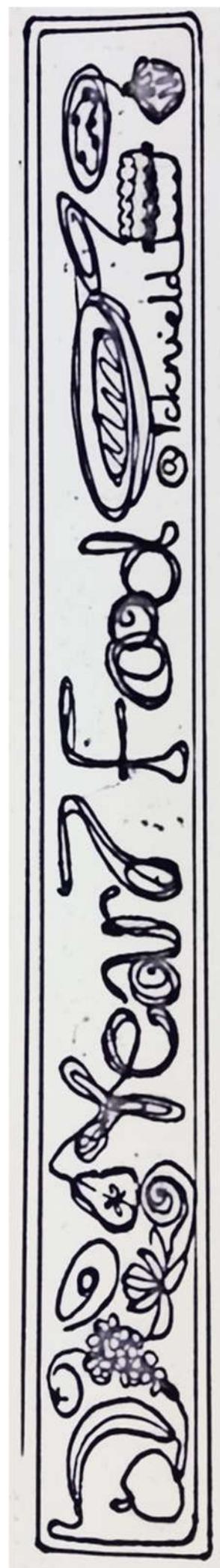
12 *muffin* cases

Equipment:

Muffin Tray, mixing bowl, teaspoon, fork, measuring jug, wooden spoon, spatula

Method:

1. Turn oven on to 190°C/Gas 5
2. Place the flour, baking powder, mustard, black pepper and paprika into a mixing bowl. Rub in the fat using fingertips until it resembles breadcrumbs
3. Stir in the cheese and any other extras if used
4. Measure the milk carefully, add the egg and beat together with a fork
5. Stir in the milk/egg mixture until a dough is formed
6. Divide the mixture evenly between the paper cases
7. Place into the oven for about 20 minutes
8. Remove from the oven and cool



American Pancakes

INGREDIENTS

200g self-raising flour
1 tsp baking powder
1 egg
300ml milk
150g pack blueberries or 1 banana (optional)
sunflower oil or a little butter for cooking

To Serve

Golden, maple syrup or nutella

EQUIPMENT

Large mixing bowl, sieve, measuring jug, balloon whisk, silicone spoon, fork, tablespoon, table knife, frying pan, ¼ cup measurement.

METHOD

1. Sieve together the flour, baking powder and a pinch of salt in a large bowl.
2. Beat the egg with the milk in a measuring jug, make a well in the centre of the dry ingredients
3. Whisk in the milk to make a thick smooth batter.
4. Gently stir in the fruit.
5. Heat a teaspoon of oil or small knob of butter in a large non-stick frying pan. Drop a large tablespoonful of the batter per pancake into the pan to make pancakes about 7.5cm across.
6. Cook for about 3 minutes over a medium heat until small bubbles appear on the surface of each pancake, then turn and cook another 2-3 minutes until golden.
7. SERVE - super tasty with golden syrup or nutella



Funky Fairy Cakes

INGREDIENTS

50g self raising flour
50g soft margarine
50g caster sugar
1 egg
1tsp baking powder
1tsp vanilla essence or extract

ICING

50g icing sugar
25g margarine
1tsp milk

PLUS some paper cupcake cases (approx 10 cases)
And any edible glitter or sprinkles to decorate

EQUIPMENT

Large mixing bowl, sieve, silicone spoon, table spoon, teaspoon, bun tray

METHOD

1. Turn oven to 180°C.
2. Place paper cases into a bun tray.
3. Sieve the dry ingredients into the bowl, add all other ingredients and beat well with a wooden spoon until light and fluffy.
4. Use a teaspoon to place equal amounts of the mixture into the paper cases
5. Bake for about 20mins until well risen and golden brown.
6. Place on a cooling rack to cool
7. Prepare icing by beating together all remaining ingredients until smooth.
8. When cakes are cool, slice the tops off, cut each piece in two (the wings). Put a little butter cream on the centre of each bun, replace the wings, decorate by either sieving a little icing sugar over the top or use sprinkles or edible glitter.



FRUITY FLAPJACKS (makes 8)

INGREDIENTS

150g rolled oats
75g brown sugar
75g margarine
50g golden syrup (squeeze bottle)
75g dried fruit (sultanas, currants)

PLUS round or square cake tin (18 cms in diameter)
Piece of greaseproof paper cut to size of base

EQUIPMENT

Tablespoon, table knife, wooden spoon, medium sized pan, bowl scraper, baking tray, cooks knife, wire cooling tray.

METHOD

1. Collect all ingredients and equipment.
2. Prepare tin by greasing and lining the base with greaseproof paper then grease again.
3. PUT OVEN ON AT 180°C or GAS no. 4
4. Measure into pan the margarine, sugar and golden syrup. (NB the syrup is easier to measure if it is slightly warmed)
5. Gently warm the ingredients in the pan, **stirring all the time** with a wooden spoon. Until all the ingredients have just melted.
6. **Remove pan from heat** and stir in rolled oats and dried fruit.
7. When mixture is evenly mixed, spread in tin, level surface with a bowl scraper.
8. Place in tin on baking tray, put in centre of the oven for 15-20 mins until flapjacks are firm to touch and golden brown.
9. While mixture is still warm mark with a sharp knife into 8 even sized portions and leave to cool (about 10 mins) then remove and put to cool on a wire tray.

NB. The flapjacks will crisp up when they are cool



Scones (makes 8)

INGREDIENTS

250g self raising flour
50g block margarine
½ tsp baking powder
125-150mls milk

SWEET SCONES 50gms caster sugar
PLUS – 50g sultanas, raisins, currants OR glace cherries
(cut in half)

SAVOURY SCONES – 75g grated cheese, bacon (cooked and
cut into pieces), 2 oxo cubes, 2tbsp dried onion flakes OR 1tsp
mixed herbs

EQUIPMENT

Mixing bowl, small bowl, measuring jug, baking tray, cooling
rack, scone cutter, tablespoon, fork, table knife, flour dredger.

METHOD

1. Collect all ingredients and equipment. Grease baking tray.
2. PUT OVEN ON GAS N°7 OR 200°C.
3. Measure flour and margarine into bowl. Rub in with the fingertips until mixture looks like breadcrumbs.
4. Add chosen flavouring. Then stir in the milk , a couple of tablespoons at a time, with table knife. Stop when mixture clumps together. DON'T MAKE MIXTURE TOO WET.
5. Lightly knead dough on floured table and cut out into rounds 1.5cms deep. Reform dough until all scones are cut out.
6. Put scones on baking tray, brush tops with beaten egg.
7. Put in oven for 7 mins or until golden brown and risen.
8. Put on cooling rack, put in boxes when cool.

