



Da Vinci Academy
A L.E.A.D. Academy



..... 's

Recipe Book

Year 7- Autumn Term



Dear Parent or Carer,

Food education is an integral compulsory part of your child's learning. This year they will take part in a wide range of practical lessons.

Your child has now been issued with a recipe book and a list of dates for their practical lessons. These recipe books can be kept at home so you have plenty of notice. The recipe book is also available on the da Vinci learning environment accessed via the website.

For many of the weeks the students are given a choice of recipes and many of the recipes can be adapted to suit your family's taste and dietary requirements. However, if there is a week when none of the choices given are suitable, an alternative recipe can be provided if your child asks a member of the department.

Students are expected to provide ingredients so that the family can enjoy the dish at home and students get an understanding of choosing the best.

We stock a range of ingredients in school, and any ingredient marked with an asterisk (*) in the recipe will be available at school for your child to use free of charge.

For hygiene and safety purposes, students should bring their ingredients to the food room at the **start** of the day where we will ensure it is stored correctly. Completed dishes are collected at the **end** of the school day from the food room having been stored at the correct temperature.

Your child should bring a **suitable container** to take their food home in; good examples are old chocolate tins or large plastic tubs. Sometimes your child will need to bring an ovenproof dish and if their practical is in the afternoon this may still be hot when they need to carry it home.

Please inform us if your child has any food allergies so we can plan safely around them.

If you have any questions regarding a Food education lesson please do not hesitate to contact your child's teacher.

Health and Safety rules of the Food Technology room

- Nail varnish is not to be worn during practical lessons, so students should arrive at the lesson with no nail varnish on. If you are wearing it, you will be asked to remove it.
- All long hair must be tied back in a bobble, whether you are male or female.
- You must wear a bandana and apron in the food room at all times.
- No rings, watches or bracelets can be worn whilst cooking.
- All long sleeve or loose clothing must be removed before going into the cooking room. This includes; jumpers, cardigans, blazers... etc.
- You will need to wash your hands thoroughly with hot soapy water before you begin cooking and after touching raw meat, raw eggs, your hair, your face, or when you return to the classroom.
- Cuts must be covered with a **blue plaster** and any illnesses should be reported to your teacher.
- Check all use by dates before bringing ingredients into school.
- Store your foods correctly before, during and after your practical lesson (e.g. in the fridge).
- Work tidily, cleanly and hygienically.
- Always use the correct coloured chopping boards.
- Wash boards, knives and equipment during the lesson to prevent cross contamination.
- Use hot soapy water for all washing up.
- Check all equipment is clean and dry before you put it away.
- Ensure recipe cards are clean and dry before putting them away.

Kitchen Safety points

- No running.
- Use oven gloves.
- Wipe up all spills immediately.
- Report any spill on the floor to your teacher.
- Do not leave pan handles pointing out over the edge of the work surface or over other hobs.
- Do not leave knives pointing out over the edge of the work surface.
- Do not leave knives in the washing up bowl.
- Do not leave gas flames/electric rings on without a pan on them.
- Use the correct size pan for the ring/flame.
- When possible, use the ring/flame closest to you.
- Do not have the flames going up the side of the pan.
- Don't leave pans unattended.
- Turn ovens and hobs off immediately after use.
- Do not leave oven doors open (unless using the grill).
- Do not put electrical equipment in water.
- Turn electrical equipment off after use.
- Report any non-working electrical equipment to the technician or your teacher.
- Do not carry hot pans across the classroom
- Use heat resistant blocks where necessary
- Keep work area tidy and free from hazards e.g, bags on floor/worktops.

School Store Cupboard

The following ingredients are always available from school, free of charge if required in **small amounts (anything under 10ml)**

Salt
Pepper
Cooking oils
Dried herbs (inc. parsley, oregano, coriander...)
Dried spices (incl. chilli, cinnamon, turmeric, cumin...)
Baking powder
Bicarbonate of soda
Mustard powder
Cornflower
Food colouring
Vanilla essence
Stock cubes
Soy sauce
Vinegars

If an ingredient in an ingredient is marked with an asterisk (*) we will provide it.

Contents



Practical	Date
Tzatziki Dip	
Sour Cream and Chive Dip	
Salsa Dip	
Quick Hummus	
Fruit salad	
Potato Salad	
Layered Pasta salad	
Rice Krispie Christmas pudding	
Own choice Assessment/ brief dish.	

Tzatziki Dip

350g Greek yoghurt
1 cucumber
2tbsp lemon juice
2 cloves of garlic finely grated
Dash of extra virgin olive oil
Paprika, for sprinkling

1. The best result is achieved by peeling and de-seeding the cucumber before grating.
2. Combine the cucumber with yoghurt, lemon juice and garlic.
3. Add a dash of olive oil and sprinkle paprika.



Sour cream and chive Dip

150ml pot of soured cream

1 tsp chives, snipped

Method

1. Pour the soured cream into a bowl
 2. Add chives
 3. Stir thoroughly
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Salsa Dip

250g fresh [tomatoes](#), finely chopped

1 small [onion](#), finely chopped

3 mild chillies, finely chopped

bunch [coriander](#), finely chopped

[salt](#), to taste

[lime juice](#), to taste

1 tbsp water

Method

1. Finely chop the tomatoes, onions, chillies and coriander.
2. Combine all the ingredients together in a bowl.



Quick hummus

200g canned chickpeas
2 tbsp lemon juice or more
2 garlic cloves, crushed
1 tsp ground cumin
Salt
100ml tahini (sesame seed paste) optional
4 tbsp water
2 tbsp extra virgin olive oil
1tsp paprika

Method

1. Drain the chickpeas and rinse.
2. Combine the chickpeas, lemon juice, garlic, cumin, salt, tahini, and water in a food processor and blend into creamy paste.
3. Sprinkle with paprika.



Fruit Salad

Serves 4-6

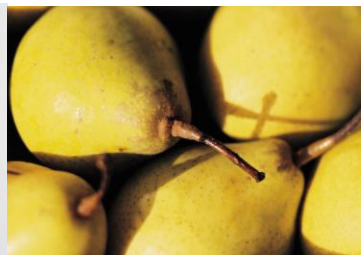
Bring a container! Box/bowl with tight fitting lid

A selection of fresh fruit. (about 5 or 6 different fruits).

125ml fruit juice



1. Wash all the fruit that has skin that you will eat.
2. Pour your fruit juice into a mixing bowl.
3. Prepare fruit. Each type of fruit will need preparing so they are all equal bite sized pieces.
4. As each fruit is prepared add it to the mixing bowl and gently stir to coat in juice.
5. When all the fruit is prepared stir gently to mix well.



Potato Salad

Bring a container! Lidded box or bowl

10 New Potatoes

2-3 Spring Onions

2 Tbsp Mayonnaise

$\frac{1}{2}$ Tsp. Mustard (Optional)

$\frac{1}{4}$ Cucumber

Small handful of fresh parsley

Method

1. Chop the potatoes in half
2. Half fill a pan with water and bring to the boil
3. Carefully lower the potatoes into the water using a slotted spoon.
Cook for 8 minutes or until the potatoes have softened but are still firm.
4. Chop the spring onions, cucumber and parsley, using the bridge and claw method
5. Mix together the mustard and mayonnaise in the bowl
6. Drain the potatoes into a colander in the sink
7. Combine all the ingredients together and mix well



Layered pasta salad

Serves 4-6

Bring a container! Lidded box or bowl

200g pasta
1 carrot
150g cooked chicken/ ham
1 baby gem lettuce
2 tomatoes
 $\frac{1}{4}$ cucumber
Dressing (optional)



1. Bring a saucepan of water to the boil and add the pasta. Simmer for about 10 minutes.
2. While the pasta is cooking, prepare other ingredients:
 - Shred the lettuce
 - Slice the tomato
 - Chop the cucumber into small chunks
 - Peel and grate the carrot
 - Cut up the chicken/ ham into bit sized pieces
3. When the pasta is cooked, drain the water through a colander in the sink. Drain well.
4. Place the pasta in a large bowl and stir in 30ml dressing if using.
5. Assemble the remaining ingredients over the pasta in layers.
6. Drizzle with dressing if using.

Rice Krispy Mini Christmas Pudding's

Bring a container! Lidded box or bowl

Ingredients -

50g Rice Krispies

30g Raisins (Optional)

50g Butter

100g Milk Chocolate

2 tbsp Peanut Butter

30g Mini Marshmallows

80g White Chocolate

Ready made icing holly leaves

Method -

- 1- Quarter fill a saucepan with water and bring to the boil
- 2- Put the Rice Krispies and raisins into a plastic bowl.
- 3- Put the butter, milk chocolate broken into pieces, peanut butter and marshmallows into a glass bowl. Place the glass bowl onto of the saucepan to make a Baine Marie.
- 4- Heat and Stir until the chocolate and butter have melted but the marshmallows are just beginning to melt.
- 5- Remove glass bowl from the heat using oven gloves and place onto a heat proof mat.
- 6- Add Rice Krispies and Raisin mix and stir until fully combined and well coated.
- 7- Add 1 Tbsp of the chocolate mixture into cling film mould. Press firmly and then remove, peel off cling film and place the pudding into a cake case. Repeat until all of the mixture is shaped.
- 8- Melt the white chocolate in the microwave for 20 seconds. Spoon a little bit of the white chocolate over each pudding.
- 9- Top with icing holly leaves.



