

Year 7 Recipes 2026/27

Welcome to Food@Budehaven

Practical lessons are set as homework. The date the homework is due is the day you need to bring in your ingredients. We encourage students to be independent therefore they should weigh and label their own ingredients at home in preparation for their practical lesson.

On the day of your practical lesson

- Bring your ingredients to the food room **BEFORE** registration on the morning of your practical.
- Leave ingredients that need to be chilled in labelled containers in the fridge.
- Leave **baking/non-perishable ingredients** on the worktop/shelves and **NOT** in the fridge as they need to be at room temperature.
- Bring your ingredients **correctly weighed out** in a large cake tin or plastic container with your **name clearly labelled**.
- Please do not put **bags** into the school fridges.
- Cooked and uncooked food left in the fridge for longer than 24 hours will be **thrown away** for health, safety and space reasons.
- If you are allergic to any ingredients please discuss with your teacher or parent a suitable alternative that requires the same skill of preparation as the original ingredient.

Each year we ask for a small voluntary contribution to be paid at the beginning of the academic year. This pays for ingredients such as oil, herbs, spices, baking powder, bicarbonate. They are marked on each recipe as "school provides".

Storage

- ☐ Wash hands before handling food
- ☐ Cool food quickly (within 1–2 hours)
- ☐ Store in clean, airtight containers
- ☐ Label with **name and date**
- ☐ Keep fridge between **0–5°C**
- ☐ Store raw and cooked food separately
- ☐ Use leftovers within **2–3 days**

Reheating

- ☐ Reheat food **only once**
- ☐ Heat until **piping hot (75°C+)**
- ☐ Ensure food is hot all the way through
- ☐ Stir to remove cold spots
- ☐ Do not reheat food left out too long

Fruit Salad



Ingredients

5 pieces of fruit of your choice - here are some examples :
1 banana
small bunch grapes
1 pear
1 apple
1 satsuma
½ tin pineapple
(Do not bring a whole mango, pineapple or melon)

Plus 1 lime or lemon or 2 tbsp bottled lemon juice

A leak proof container to take fruit salad home in

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Peel and segment the satsuma. Cut into bite size pieces.
3. Slice the banana.
4. Cut the grapes in half.
5. Finally chop the pear and apple, pouring a little lemon or lime juice over the apple to retain its colour.
6. Combine all the fruit in a large bowl.
7. Wash up, dry up, put equipment away, wash and sanitise workstations.

Equipment
Mixing bowl
Knife
Green chopping board
Spoon

Nutrition

Vitamin A
Vitamin C
Potassium
Simple carbohydrates
Fibre

Other Information:

Vegetable Couscous



Ingredients

175ml water, boiling (at school)
1 vegetable stock cube
100g couscous (not the giant couscous)
1 tomato
1 spring onion or small red onion
¼ cucumber
½ pepper or ½ apple
1 small bunch fresh herbs e.g. parsley, coriander, basil OR teaspoon dried herbs

Optional – 2 tbsp salad dressing/balsamic vinegar/olive oil

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Ensure kettles are filled and switch on to boil.
3. Make up the stock by dissolving the stock cube in the boiling water.
4. Pour the stock over the couscous in a large bowl.
5. Stir with a fork and leave to stand for 5 minutes.
6. Chop the tomato and cucumber into small chunks.
7. Slice the pepper and spring onions.
8. Chop/rip herbs into small pieces.
9. Fluff the couscous with a fork and then add all the vegetables.
10. Stir everything together.
11. Add the dressing if using.
12. Wash up, dry up, put equipment away, wash and sanitise workstations

Equipment
Mixing bowl
Knife
Green chopping board
Fork
Kettle

Nutrition
Vitamin A
Vitamin C
Fibre
Complex Carbohydrates

Other Information:

Nachos and Salsa



1 tortilla wrap

Choose either:

Salsa

2 medium tomatoes
½ red onion,
1 garlic clove,
1 tbsp white wine vinegar
½ lime/lemon bottled or fresh - juice only
1/4 bunch coriander,

OR

Pea Guacamole

100g frozen peas or an avocado
½ onion
1 ripe tomato
1 tsp lemon juice
1 clove of garlic
1 tbsp oil (school provides)

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Preheat heat oven to 180°C.
3. Brush your tortilla lightly with oil, making sure you cover the whole tortilla.
4. With a sharp knife, cut your tortilla in half. Cut each half in half again and again to produce eight stacks of chips.
5. Arrange the tortilla on a tray, trying not to overlap too much.
6. Bake for approx 4-5 mins, until the chips crisp and golden.
7. Allow to cool, in the tray.
8. Wash up, dry up, put equipment away, wash and sanitise workstations

For the Salsa

1. Finely dice the tomatoes, onion and garlic.
2. Squeeze juice from lime.
3. Roughly chop coriander.
4. Mix tomatoes, onion, garlic, vinegar, lime juice and coriander.

For the Guacamole

1. Boil Peas for 5 mins.
2. Chop onion, tomato and garlic.
3. Drain peas and mash with a fork.
4. Add onion, tomato, lemon juice, garlic and oil.
5. Mix until combined.

Equipment

Mixing bowl
Knife
Green chopping board
Fork

Nutrition

Vitamin A
Vitamin C
Fibre
Complex Carbohydrates

Other Information:

Scones



Ingredients

225g self raising flour
55g butter
25g sultanas (optional)
25g caster sugar
100ml milk

Modifications – take out the sugar and add 50g grated cheese. Chopped chives, mixed herbs, chilli, olives, sun dried tomatoes

CLICK HERE FOR VIDEO

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Heat the oven to 200°C
3. Line a tray with greaseproof paper.
4. Place the flour in a mixing bowl and rub in the butter.
5. Stir in the sultanas (if using) and sugar. Add the milk a little at a time until you get a soft dough (you might not need all of it).
6. Turn on to a floured work surface and knead very lightly. Pat out to a round 2 ½ cm thick.
7. Use a 5cm cutter to stamp out rounds and place on a baking sheet.
8. Lightly knead together the rest of the dough and stamp out more scones to use it all up.
9. Brush the tops of the scones with a little milk. Bake for 10-12 minutes until well risen and golden.
10. Cool on a wire rack.
11. Wash up, dry up, put equipment away, wash and sanitise workstations.

Equipment
Mixing bowl
Palette Knife
Rolling pin
Cutter
Baking Tray
Baking paper

Nutrition
Complex Carbohydrates
Simple Carbohydrate
Protein
Calcium

Other Information:

Pizza Swirls



Ingredients

For the pizza base:
225g self raising flour
Pinch of salt
50g butter or margarine
50g cheddar cheese, grated
100ml milk

For the filling:
2 tbsp tomato puree/pizza topping
50g cheddar cheese, grated
Plus 2 optional modifications: finely diced onion, 2 slices diced ham, 2 tbsp sweetcorn, 10 chopped olives, 5 slices chorizo

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Heat the oven to 200°C
3. Line a tray with greaseproof paper.
4. Mix together the flour and salt and rub in the butter until it looks like breadcrumbs
5. Stir in 50g of grated cheese and then add the milk a little at a time until you get a soft dough (you might not need all of the milk)
6. Turn on to a floured work surface and knead very lightly.
7. On a lightly floured surface roll out to a rectangle the size of a piece of A4 paper.
8. Spread the tomato puree over the surface. Leave 1cm clear along the top long edge.
9. Sprinkle the filling ingredients evenly.
10. Roll up to resemble a swiss roll. Cut into 8 even sized swirls.
11. Place on baking tray and cook for 10-15 minutes.
12. Wash up, dry up, put equipment away, wash and sanitise workstations.

Equipment
Mixing bowl
Palette Knife
Rolling pin
Knife
Baking Tray
Baking paper

Nutrition
Vitamin A
Vitamin C
Fibre
Complex Carbohydrates
Protein
Calcium

Other Information:

High risk food - milk, cheese, meat: do not leave in your bag. It must be stored in the fridge.

American Pancakes



Ingredients - makes 4

100g self raising flour
½ tsp baking powder (school provides)
1 tsp caster sugar (school provides)
1 large egg
70 ml milk
½ tsp lemon juice (school provides)

1 tbsp oil for frying (school provides)

- Modifications – 25g frozen blueberries, 1 chopped banana

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Put flour, baking powder and caster sugar into a bowl.
3. Add the egg and whisk.
4. Add lemon juice to milk, then add milk to egg and flour mix. Ensure no lumps.
5. **Put HOB ON 3** - Heat a little of the oil (your teacher will put the oil in your pan) in a large frying pan and carefully place 2 tbsp of batter in a mound. Cook in batches of 2.
6. Cook for 1 to 1½ minutes in batches of 2 until lightly golden on the underside, then carefully turn and cook for a further minute. **Do not press them down with a spatula - let them be fluffy.**
7. Wash up, dry up, put equipment away, wash and sanitise workstations.

Equipment
Mixing bowl
Palette Knife
Frying pan
Spoon

Nutrition
Complex Carbohydrates
Simple Carbohydrate
Protein
Calcium
Fat

Other Information:

High risk food - milk,, eggs : do not leave in your bag. It must be stored in the fridge.

Ragu



Ingredients

1 onion
1 clove of garlic
1 tbsp oil (school provides)
1 x 400g tin of tomatoes
handful of fresh basil or 1 tsp dried herbs
black pepper and salt (school provides)

Modifications

Mushrooms, peppers, courgettes, aubergine.

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Peel and chop the onion and peel and crush the garlic.
3. Fry the onion for 3 minutes until soft. Add garlic and cook for 1 minute.
4. Add the tomatoes and tear in the basil leaves.
5. Add a few twists of black pepper, then allow to simmer gently for 20 minutes.
6. Wash up, dry up, put equipment away, wash and sanitise workstations.

Equipment

Mixing bowl
Palette Knife
Frying pan
Spoon

Nutrition

Vitamin A
Vitamin C
Fibre

Other Information:

CLICK HERE FOR VIDEO >>>

Savoury Rice - Skills Test



Ingredients

½ onion
3 mushrooms
½ pepper
1 tbsp oil (school provides)
75g **white** long grain rice
250ml water, boiling (school provides)
1 vegetable stock cube
50g peas
½ tsp curry powder (school provides)

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Peel and dice the onion.
3. Slice the mushrooms.
4. Dice the red pepper.
5. Fry the onion, pepper and mushrooms in oil until soft. Add curry powder.
6. Add the rice and stock. Turn heat to a simmer.
7. Add peas.
8. Simmer for 15 minutes, until the rice is tender.
9. Put rice in container, leave lid off so it cools quickly and refrigerate.
10. Wash up, dry up, put equipment away, wash and sanitise workstations.

Equipment
Mixing bowl
Palette Knife
Frying pan
Spoon

Nutrition
Vitamin C
Fibre
Complex
Carbohydrates

Other Information:

High risk food - Cooked rice: do not leave cooked rice in your bag. It must be stored in the fridge.

Reheat until piping hot.

American Muffins



Ingredients - makes 6

DRY INGREDIENTS
70g caster sugar
125g self-raising flour
½ tsp bicarbonate of soda (school provides)

WET INGREDIENTS
60ml vegetable oil
1 large egg
100ml milk
½ tsp vanilla extract
50g fruit e.g blueberries, chopped apple, banana, pear, raspberries
6 muffin cases - paper or silicone

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Preheat the oven to 180°C
3. Line a tin with 6 muffin cases
4. Mix all dry ingredients in a bowl
5. Stir in the fruit into the dry ingredients.
6. Mix all wet ingredients in a measuring jug.
7. Pour the wet ingredients in the dry ingredients and stir until just combined. DO NOT over stir otherwise you will have tough muffins.
8. Spoon the mix into the cases and bake for 15-18 minutes until golden brown and firm.
9. Cool on a rack.
10. Wash up, dry up, put equipment away, wash and sanitise workstations.

Equipment
Mixing bowl
Palette Knife
Muffin tray
Spoon

Nutrition
Complex Carbohydrates
Simple Carbohydrate
Fat
Protein
Calcium

Other Information:

Butter



You will need:

- 150 ml of double cream – (small pot **DO NOT USE ELMLEA**)
- Glass jar with a **secure** lid

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Pour the cream into the jar so it is one-third full and screw the lid on tightly.
3. Shake the jar for about 6 minutes and watch the cream change form. It will begin to look like whipped cream, but as you continue shaking the jar small granules of butter will start to form.
4. When you have a big lump of butter floating in buttermilk, strain butter in a sieve. Wash under cold running water.
5. Return to jar and sir in salt. Refrigerate.
6. Wash up, dry up, put equipment away, wash and sanitise workstations.

Equipment

Jar
Sieve
White chopping board

Nutrition

Fat
Protein
Calcium

Other Information:

High risk food - Store cream in the fridge

Bread Rolls



Ingredients - makes 4

250g white Bread flour
4g salt (school provides)
1 sachet of fast action dried yeast
1 tbsp olive oil (school provides)
180ml warm water (school provides)

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Place the flour, salt, yeast, olive oil in a bowl. Add the water gradually until a soft, slightly sticky dough is made.
3. Knead on a lightly floured surface until you have a smooth dough. This should take about five minutes.
4. Divide dough into **4** equal pieces. Shape.
5. Place on a tray or a large baking tray.
6. Place tray in a COLD oven. Turn oven on 200°C.
7. Bake the bread for 15 minutes, the baked bread should be golden-brown.
8. Wash up, dry up, put equipment away, wash and sanitise workstations.

Equipment
Mixing bowl
Palette Knife
Baking tray

Nutrition
Complex Carbohydrates
Fat
Sodium

Other Information:

Oat and Raisin Cookies



Ingredients

50g soft margarine
50g sugar
1 tsp vanilla essence
50g raisins
50g plain flour
50g porridge oats

Modifications

Dried apricots, cranberries, currants, sultanas, cinnamon, nutmeg

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Preheat the oven to 180°C
3. Cream together the butter and sugar until light and fluffy. Stir in the remaining ingredients until completely combined.
4. Shape into 8 even sized balls and flatten them slightly by pressing down with a fork.
5. Bake for 12-15 minutes or until golden. Allow to cool on the baking tray before lifting them.
6. Wash up, dry up, put equipment away, wash and sanitise workstations.

Equipment

Mixing bowl
Wooden Spoon
Lined baking tray

Nutrition

Complex Carbohydrates
Simple Carbohydrate
Fibre

Other Information:

Cheese Straws



Ingredients

100g plain white flour
50g butter or hard margarine
50g cheddar cheese
2 - 3 tbsp cold water

Modifications - add:
½ tsp mustard powder/paprika/mixed herbs/chilli powder (school provides)

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.Preheat the oven to 200°C.
2. Grease or line the baking tray.
3. Sift the flour and mustard powder into the mixing bowl.
4. Using your fingertips, rub the butter or baking fat into the flour until it resembles fine breadcrumbs.
5. Grate the cheese.
6. Stir the cheese into the flour mixture.
7. Using a palette knife, mix to form a smooth dough, adding a little cold water to help bind the mixture together.
8. Roll out, on a lightly floured surface, to form a rectangle about 0.5cm thick.
9. Trim away the edges and cut into thin strips, about 1.5cm x 15cm, using a palette knife.
10. Place the straws on the baking tray.
11. Bake for 10 minutes, until golden brown.
12. Allow to cool before transferring from the baking tray onto a cooling rack.
13. Wash up, dry up, put equipment away, wash and sanitise workstations.

Equipment
Mixing bowl
Palette Knife
Rolling Pin
Baking Tray
Baking Paper

Nutrition

Protein
Calcium
Complex Carbohydrates

Other Information

High risk food - cheese, butter: do not leave in your bag. It must be stored in the fridge.

Savoury Muffins



Ingredients - makes 6

DRY INGREDIENTS
125g self-raising flour
½ tsp bicarbonate of soda (school provides)
50g grated cheese
1 tbsp Tomato puree

WET INGREDIENTS
60ml vegetable oil
1 large egg
100ml milk
6 muffin cases - paper or silicone

Modifications
Olives, Ham, Finely sliced chilli or chilli flakes. Different types of cheese e.g. feta, Edam. Mustard, paprika, mixed herbs

Method

1. Collect all equipment, place all ingredients on a tray & ensure workstation is clean.
2. Preheat the oven to 180°C
3. Line a tin with 6 muffin cases
4. Mix all dry ingredients in a bowl
5. Stir in the fruit into the dry ingredients.
6. Mix all wet ingredients in a measuring jug.
7. Pour the wet ingredients in the dry ingredients and stir until just combined. DO NOT over stir otherwise you will have tough muffins.
8. Spoon the mix into the cases and bake for 15-18 minutes until golden brown and firm.
9. Cool on a rack.
10. Wash up, dry up, put equipment away, wash and sanitise workstations.

Equipment
Mixing bowl
Palette Knife
Frying pan
Spoon

Nutrition

Protein
Calcium
Complex Carbohydrates
Fibre

Other Information:

High risk food - milk, cheese, meat: do not leave in your bag. It must be stored in the fridge.

The next slide contains the allergen information for all of the year 7 recipes.

The 14 allergens are:

- celery
- cereals containing gluten – including wheat (such as spelt and Khorasan), rye, barley and oats
- crustaceans – such as prawns, crabs and lobsters
- eggs
- fish
- lupin
- milk
- molluscs – such as mussels and oysters
- mustard
- tree nuts – including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts
- peanuts
- sesame seeds
- soybeans
- sulphur dioxide and sulphites (if they are at a concentration of more than ten parts per million)

Review date: September 2026 Reviewed by: DVE

Food Standards Agency
food.gov.uk

Dishes	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Fruit Salad														
Vegetable Couscous Salad		x												
Nachos and Salsa		x												
American pancakes		x		x			x							
Scones		x					x							
Pizza Swirls		x					X							
Ragu														
Savoury Rice	x *stock cube													
Muffins		x		x			X							
Butter							X							
Bread Rolls		x												
Oat and Raisin Cookies		x		x			X							x
Cheese Straws		x					x		x					
Savoury muffins		x		x			x							