

Year 7 Recipes 7DT

Date: 10/09/2026 Violet 14/09/2026 Yellow 1. Apple turnovers 1 pack of ready rolled puff pastry 1 egg 1 cooking apple 25g golden caster sugar or brown sugar Named container	Date: 17/09/2026 Violet 21/09/2026 Yellow 2. Pasta Salad Students will design and choose from a list of suggested ingredients, 150g pasta. A named, leak-proof container, with lid.	Date: 24/09/2026 Violet 28/09/2026 Yellow 3. Bread 250g bread flour 1/4 teaspoon salt 9g yeast 1 teaspoon of sugar 12g margarine Named container	Date: 01/10/2026 Violet 05/10/2026 Yellow 4. Vegetable soup 1 onion, 1 carrot, 1 leek 1 potato 1 Celery stick 1ml oil or spray oil 1x stock cube A named, leak-proof container, with lid
Date: 08/10/2026 Violet 12/09/2026 Yellow 5. Shortbread 150g plain flour 100g butter 50g caster sugar Named container	Date: 15/10/2026 Violet 19/10/2026 Yellow 6. Scones 250g Self raising flour , 1 level tsp Baking Powder, 50g Butter or Block margarine , 50g Sugar, 125mls Milk . Variations: - Cheese Scones - Remove the sugar and add 100g grated cheese. Fruit Scones - Add 50g of dried fruit. Named container.	Date: 22/10/2026 Violet 02/11/2026 Yellow 7. Cheese Straws 200g Plain flour 100g Butter 75g Tasty cheese ½ tsp Mustard – optional Named container	<i>Welcome to Food Preparation and Nutrition at Lockyer's school. Please bring your ingredients in a named bag and put them in the food storage cupboards in your classroom OR in a named container in the fridge.</i> <i>If providing ingredients is a problem at any time, please see your teacher ASAP. The more notice we have the more we will be able to help. It may be necessary to rearrange a practical lesson due to unforeseen circumstances; you will be notified of any changes as soon as possible.</i> <i>Many thanks, Mrs Siallagan</i>