

Birley Academy



Super Curriculum

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The recipes in this booklet are given in metric measurements.

To calculate the imperial measurements, the following guidelines should be used.

METRIC / IMPERIAL CONVERSION		
25g	=	1oz (quantities less than 100g)
150g	=	5oz
225g	=	8oz
350g	=	12oz
450g	=	16oz

CELCIUS / FAHRENHEIT CONVERSION		
150°C	=	300°F
180°C	=	350°F
190°C	=	375°F
200°C	=	400°F
220°C	=	425°F
230°C	=	450°F

VEGETABLE COUSCOUS SALAD

INGREDIENTS

1 vegetable stock cube (Oxo)	<i>175ml water, boiling</i>
1 medium tomato	<i>100g couscous</i>
¼ cucumber	<i>1 x 15ml spoons low fat dressing</i>
½ pepper (any colour)	<i>4 dried apricots or 25g sultanas</i>
1 spring onion	<i>2 x 5ml spoons mixed herbs</i>

EQUIPMENT Needed

Kettle, measuring jug, measuring spoons, weighing scales, large bowl, fork, chopping board, sharp knife, can opener, scissors, mixing spoon.

METHOD

1. Make up the stock by dissolving the stock cube in the boiling water.
2. Pour the stock over the couscous in a large bowl.
3. Fluff with a fork and leave to stand for 5 minutes..
4. Chop the tomato and cucumber into small chunks.
5. Slice the pepper into small strips.
6. Slice the dried apricots and parsley into small pieces.
7. Add all the vegetables to the couscous and snip the spring onion.
8. Stir everything together.
9. Add the dressing.

STORAGE

- Store in a covered container in the fridge
- Eat within 2 days

TOP TIPS

- 👍 Vary the vegetables in the couscous dish, e.g. Use celery Sweetcorn, peas, olives or mushrooms.
- 👍 Try adding some chickpeas, chopped cooked chicken, ham, tuna or chunks of feta cheese.
- 👍 Use flaked almonds or raisins instead of the dried apricots.



SKILLS

Using the kettle Bridge hold Combining Claw grip

Date _____

SALAD IN A JAR

INGREDIENTS

A selection of green leaves	¼ cucumber
1 carrot	1 tomato
½ orange or yellow pepper	50g <i>pasta shapes</i>
50g cooked chicken, ham or cheese	2 x 5ml <i>spoons low fat dressing</i>

EQUIPMENT Needed 1. Glass jar (jam jar/coffee jar)

2. Apron

Weighing scales, saucepan, chopping board, knife, vegetable peeler, grater, measuring spoons, tablespoon, colander, mixing bowl.

METHOD

1. Bring a small saucepan of water to the boil, and then add the pasta. Simmer for about 8 – 10 minutes (check the packet instructions). Drain in a colander and put into a mixing bowl.
2. While the pasta is cooking, prepare the other ingredients:
 - Shred the lettuce.
 - Slice the tomato.
 - Chop the cucumber into small chunks.
 - Peel and grate the carrot.
 - Slice the pepper.
3. Drain the boiling hot water away from the pasta into a colander in the sink. Cool the pasta by rinsing it under a cold tap for a few moments. Drain well.
4. Place the pasta in the serving dish and stir in 1 x 15ml spoon of dressing.
5. Assemble the remaining ingredients over the pasta in layers.
6. Lastly, drizzle over the remaining dressing.

CHALLENGE

Add another layer to the jar

STORAGE

- Store in a covered container in the fridge
- Eat within 24hrs

SKILLS

Using a hob

Bridge hold/claw grip

Grating

Draining

Combining

SPINACH & CHICKPEA CURRY

INGREDIENTS

1 onion	3 handfuls of fresh or frozen spinach	25ml water
400g can chopped tomatoes	2 x 15ml spoons curry paste	410g chickpeas, canned (drained)
1 clove garlic	1 x 5ml spoon oil	

METHOD

1. Peel and chop the onion. The pieces should be chunky, about the size of your thumb nail.
2. Peel and chop the garlic finely.
3. Put a tablespoon of oil in the pan and fry the onion for 2 minutes over a **medium** heat.
4. Stir in the curry paste, garlic and 25ml water.
5. Add the tomatoes and chickpeas, bring to the boil over a medium heat.
6. Simmer for 20 minutes on a **low** heat until tender.
7. Stir in the spinach and allow to cook for 2 minutes.
8. Pour into your container.
9. Wash up using hot, soapy water.

STORAGE

- Store in a covered container in the fridge
- Eat within 24hrs

CHALLENGE

Add in chicken – handling meat

TOP TIPS

- 👍 Serve with boiled rice, naan bread and a side salad.
- 👍 Replace the tomatoes with thinly sliced courgettes, peppers or okra.
- 👍 Batch cook – freeze portions for a rainy (busy) day.



SKILLS

Using a hob Combining Claw grip
Bridge-hold Stir-fry

Date _____

BOLOGNESE

INGREDIENTS

1 large tin chopped tomatoes	1 onion chopped,
1 clove of garlic	
250g minced beef	1 tsp mixed herbs
100g mushrooms sliced	salt and pepper
1 green pepper chopped,	2 tbsp oil

METHOD

1. Peel the onion and chop finely.
2. De-seed the green pepper and chop finely.
3. Wipe the mushrooms and slice thinly.
4. Heat the oil in a saucepan and fry the prepared onion, green pepper and mushrooms on a medium heat for 5 minutes until just soft, stirring occasionally with a heatproof spoon.
5. Add the minced beef and fry until the meat is browned, stirring all the time.
6. Carefully drain off any excess fat.
7. Stir in the chopped tomatoes including the juice.
8. Add the mixed herbs if used and season with salt and pepper.
9. Bring to the boil on a high heat and then turn the heat down slightly and simmer, with a lid on the pan, for about 30 minutes, stirring occasionally until the sauce has thickened.
10. At home, cook 200g of spaghetti in a saucepan of boiling salted water for 10 to 15 minutes until just tender.
11. Drain the cooked spaghetti thoroughly through a colander.
12. Serve the bolognese sauce on a bed of the cooked spaghetti.

STORAGE

- Store in a covered container in the fridge
- Eat within 24hrs

REHEATING

- Either: Place in a saucepan on the hob, bring to the boil and simmer for 15 – 20 minutes until piping hot, stirring occasionally and adding a little water if necessary
- Or: Place in a microwave-suitable container, adding a little more water if necessary, reheat on high power for 7 minutes, stirring halfway through. Ensure food is piping hot.

Date _____

CHEESE SCONES

INGREDIENTS

200g self raising flour	40g chilled <u>hard</u> margarine or butter
50g strong cheddar cheese MUST BE GRATED AT HOME	100ml milk

EQUIPMENT FROM HOME

1. Plastic box with lid.
2. Apron

METHOD

1. Preheat oven to 200°C/gas mark 6.
2. Lightly grease and flour a baking tray.
3. Sift flour into mixing bowl.
4. Rub in the margarine or butter until it looks like breadcrumbs.
5. Grate cheese. Mix.
6. Make a well and add milk gradually.
7. Mix to make a dough.
8. Flour the work surface and roll out the scone dough to 2cm thick.
9. Cut out scone shapes with a cutter.
10. Place on a greased baking tray and brush with milk.
11. Bake for 10 – 15 minutes until well risen and lightly golden.
12. Cool on a wire rack.

STORAGE

- Store in an airtight container in a cool, dry place
- Eat within 3 days

Date _____

PINEAPPLE UPSIDE DOWN

INGREDIENTS

1 small tin of pineapple rings	50g caster sugar
50g self raising flour	1 egg
50g soft margarine	<i>golden syrup</i>

METHOD

1. Preheat oven to gas mark 5/190°C.
2. Grease a 6 – 7 inch cake tin.
3. Put 1 tablespoon of syrup in the bottom of the tin.
4. Drain pineapple rings and place on top of syrup.
5. Decorate with glace cherries.
6. Sift 50g of self-raising flour into a bowl.
7. Add 50g of soft margarine to the bowl.
8. Add 50g of caster sugar to the bowl.
9. Add 1 egg to the bowl.
10. Beat mixture until it is soft and creamy (this is called the creaming method).
11. Place blobs of mixture on top of the pineapple and spread evenly.
12. Bake in the oven for 20 – 30 mins until mixture has risen and springs back to touch.

CHALLENGE

Use a fresh pineapple

STORAGE

- Store in an airtight container in a cool, dry place
 - Eat within 2 days

Date _____

PASTA BAKE

INGREDIENTS

250g pasta	1 clove garlic	50g cheese – GRATED
1 onion – CHOPPED	50g mushrooms - sliced	1 pepper – DICED
200g tuna or 100g ham	1 can tinned tomatoes	$\frac{1}{2}$ <i>tsp herbs</i>

METHOD

1. Half fill a pan with water and bring to the boil over a medium heat.
2. Whilst the pan is coming to the boil, peel and crush garlic.
3. Finely chop onions.
4. Wash and slice mushrooms.
5. Wash and dice pepper.
6. When water is bubbling, add pasta and simmer for 10 – 12 mins. Drain the pasta in a colander.
7. In the pan, add 1 tbsp oil and fry onions until soft.
8. Add mushrooms, peppers and garlic and fry for 5 minutes.
9. Add either chopped ham or tuna, the tin of tomatoes and herbs.
10. Mix in the cooked pasta.
11. Place in your ovenproof dish and cover with grated cheese.
12. Bake at home gas mark 5/180°C for 25 mins or until piping hot,

EASY

Use prepared garlic and grated cheese

CHALLENGE

Add two more vegetables

REHEATING

Can be eaten cold

If reheating, cover dish with tin foil and place in oven at Gas Mark 4/180°C for 15 minutes or until piping hot

STORAGE

- Store in a covered container in the fridge
- Eat within 24hrs

Date _____

RATATOUILLE

INGREDIENTS

1 400g Can of chopped tomatoes	1 large onion – chopped
1 clove of garlic – crushed	2 <i>tbsp olive oil</i>
2 medium courgettes – roughly chopped	1 <i>tsp mixed herbs</i>
1 red pepper – deseeded and chopped	1 <i>tsp basil</i>

METHOD

1. Heat the oil in a pan over a medium heat. Add the onions and garlic, and cook for 3 minutes.
2. Stir in the courgettes and peppers, and cook for a further 5 minutes until lightly coloured.
3. Add the tomatoes and herbs. Cover and cook over a low heat for 30 – 35 minutes until the vegetables are tender. Season and sprinkle with chopped basil.

REHEATING

- Either: Place in a saucepan on the hob, bring to the boil and simmer for 15 – 20 minutes until piping hot, stirring occasionally and adding a little water if necessary
- Or: Place in a microwave-suitable container, adding a little more water if necessary, reheat on high power for 7 minutes, stirring halfway through.
Ensure food is piping hot.

STORAGE

- Store in a covered container in the fridge
- Eat within 24hrs

Date _____

CHILLI CON CARNE

INGREDIENTS

500g minced beef or quorn	1 red pepper
400g tin of tomatoes	1 <i>tbsp</i> oil
400g tin of kidney beans/baked beans	1 <i>tsp</i> paprika
2 cloves of garlic	1 <i>tsp</i> cumin
1 onion	1 <i>tsp</i> chilli powder

EQUIPMENT FROM HOME

1. Plastic box with lid
2. Apron

CHALLENGE

Use a fresh chilli pepper. Remember to use disposable gloves when chopping chilli.

EASY

Use chopped onions and ready prepared garlic

METHOD

1. Chop the onion finely.
2. Dice the pepper.
3. Peel and crush the garlic.
4. Put the oil into a saucepan and fry the onions until soft.
5. Add the peppers, garlic, chilli powder, paprika and cumin. Cook on a low heat for 5 mins.
6. Turn the heat up and add the mince. Stir until brown.
7. Add the tomatoes.
8. Drain the kidney beans and add. If using baked beans you can add the whole tin and not bring a tin of tomatoes.

REHEATING

- Either: Place in a saucepan on the hob, bring to the boil and simmer for 15 – 20 minutes until piping hot, stirring occasionally and adding a little water if necessary
- Or: Place in a microwave-suitable container, adding a little more water if necessary, reheat on high power for 7 minutes, stirring halfway through. Ensure food is piping hot.

STORAGE

- Store in a covered container in the fridge
- Eat within 24hrs

Date _____

SAVOURY SCONES

INGREDIENTS

50g hard cheese e.g Cheddar	50g sliced ham	½ pepper (any colour)
150ml semi-skimmed milk	250g self-raising flour	2 <i>tbsp</i> pasta sauce
40g butter / hard margarine		

METHOD

1. Preheat the oven to 220°C or gas mark 7.
2. Grease or line a baking tray.
3. Cut the ham into small pieces.
4. Grate the cheese.
5. Deseed and chop the peppers.
6. Sift the flour into the bowl.
7. Cut the butter into small pieces.
8. Rub the butter into the flour until it resembles breadcrumbs.
9. Make a well in the middle of the flour and pour in the milk.
10. Mix to form a soft dough.
11. Place the dough on a lightly floured work surface.
12. Divide the dough equally into flour.
13. Roll out each piece of dough to 1cm thick.
14. Place the scone pizza bases onto the baking tray.
15. Spread 1 *tbsp* (15ml) of pasta sauce on top of each scone.
16. Sprinkle ham and cheese on top of each scone.
17. Bake for 12 – 15 minutes, until golden brown.
18. Cool on a cooling rack.

EASY

Use grated cheese

CHALLENGE

Make your own ragu sauce. Fry onion, garlic and add passata.

STORAGE

- Store in an airtight container in a cool, dry place
- Eat within 3 days



TOP TIPS



You could experiment with different flavourings by adding herbs or spices to the flour.



Try a variety of different toppings to create different flavoured pizzas.

SKILLS

Grease or line, weigh, knife skills, grate, sift, run-in, roll-out, shape, divide, arrange, and bake.

Date _____

MARBLED PEAR TRAY BAKE

INGREDIENTS

100g caster sugar	2 eggs	<i>½ teaspoon baking powder</i>
100g soft margarine	1 pear	<i>1 x 5ml spoon cocoa powder</i>
100g wholemeal self raising flour		

EASY

Do a full chocolate cake

EQUIPMENT Mixing bowl, measuring jug, cutlery tray, 20cm cake tin, cooling tray, electric mixer, vegetable knife, metal plate, chopping board, apron, large tin or plastic box.

CHALLENGE

Divide mixture into 3. One plain, one chocolate and one with food colouring

METHOD

1. Pre-heat the oven to gas mark 4 or 180°C.
2. Grease and line the baking tin.
3. Cream together the sugar and margarine using an electric whisk or wooden spoon.
4. Beat together the eggs in a measuring jug.
5. Add the eggs to the sugar and margarine a little at a time.
6. Sieve the flour and baking powder into the mixture and carefully fold in.
7. Core and chop the pear and scatter in the cake tin.
8. Spoon half the mixture into the cake tin.
9. Stir cocoa into the remaining mixture and add this to the cake tin. Swirl together.
10. Bake for 20 minutes until golden brown. Remove from the tin and cool.
11. Wash up all equipment in hot, soapy water.

STORAGE

- Store in an airtight container in a cool, dry place
- Eat within 2 days

TOP TIPS



When lining baking tin it is only necessary to line the bottom of the tin. The sides can be greased with oil.



Instead of chocolate, use other spices and fresh fruit, eg. mixed spice, apricots.



SKILLS

Using the oven Creaming method Lining a tin
Dividing Spreading/Marbling

Date _____

SPANISH MEATBALLS AND BUTTERBEAN STEW

INGREDIENTS

200g sausage meat or sausages	1 large red onion – chopped *	1 tsp olive oil
1 x 400g can of chopped tomatoes	3 garlic cloves – crushed *	1 tsp golden caster sugar
1 pepper, sliced, any colour *		1 tbsp smoked paprika)
200g can of butter beans, drained	Dried or small bunch fresh parsley, chopped	** crusty bread, to serve (optional)

METHOD

1. Preheat the oven to 180°C/gas mark 4.
2. If using sausages, remove the meat from the skins. Season the sausage meat, working the seasoning in with your hands, then shape into small meatballs. Place on a tray and cook in the oven for 10 – 15 mins.
3. In a pan, add the onions and peppers. Cook for 5 mins, stirring now and then, until the veg has softened, then stir in the garlic and paprika. Stir everything around in the pan for 1 min, then add the tomatoes. Cover with a lid and simmer for 10 mins.
4. Uncover, stir in the beans and the meatballs, then the sugar and some seasoning. Simmer for a further 10 mins, uncovered. Just before serving, stir in the parsley. Serve with crusty bread for dunking, if you like.

REHEATING

- Either: Place in a saucepan on the hob, bring to the boil and simmer for 15 – 20 minutes until piping hot, stirring occasionally and adding a little water if necessary
- Or: Place in a microwave-suitable container, adding a little more water if necessary, reheat on high power for 7 minutes, stirring halfway through. Ensure food is piping hot.

STORAGE

- Store in a covered container in the fridge
- Eat within 24hrs

'Food provenance' means where your **food** comes from, for example where it is grown, raised or reared. Over the next few weeks you will be using these ingredients. For each, find out their provenance. An example has been written for you.

Recipe	Ingredient	Provenance
Example	Sugar	A sweet substance obtained from various plants, especially sugar cane and sugar beet. It is used as a sweetener in food and drink
Salad in a Jar	Pasta	
	Carrot	
Vegetable Couscous	Couscous	
	Sultana	
Marble pear tray bake	Wholemeal self-raising flour	
	Cocoa	
	Margarine	
Spinach, potato & chickpea curry	Chickpea	
	Spinach	
Savoury Scones	Cheddar cheese	
	Chives	

[illegible]