



# MENU

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## FOOD & NUTRITION YEAR 8

Pasta Salad  
Veggie Spaghetti Bolognese  
Margherita Pizza  
Fruit Crumble  
Swiss Roll



# MENU

## INGREDIENTS

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### PESTO

**50g/ 2oz** Basil  
**30g/ 1oz** Toasted pine nuts  
**85ml** Olive oil  
**1** Clove of garlic  
**30g/ 1oz** Parmesan or similar  
vegetarian hard cheese, freshly  
grated.

### METHOD

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1. Put the basil, parmesan, garlic and pine nuts into a food processor and season well.
2. Mix together and with the processor still running, pour the oil in until the pesto thickens.

## INGREDIENTS

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### VINAIGRETTE

**1 tsp** salt (School provide)  
**1** Crushed garlic clove  
**1 tsp** mustard (School provide)  
**1 tbsp** vinegar (School provide)  
**6 tbsp** olive oil

### METHOD

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Whisk together in a bowl or shake in jar until fully combined.

## PASTA SALAD DRESSING





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## INGREDIENTS

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**100g** Pasta shapes

**3 or 4 vegetables from the list below:**

- 1 Pepper (any colour)
- 1 Onion
- 4 Tomatoes
- 1 small tin of sweetcorn
- 1 lettuce or salad leaves
- Half a cucumber
- 1 Grated carrot
- 1 Avocado

**1 protein portion from the list below:**

- 1 Tin of tuna
- 1 Cooked chicken breast
- 4 Rashers of cooked bacon
- 50g Cheese to grate
- 2 Boiled eggs

**SEE SEPERATE RECIPE FOR SALAD DRESSING INGREDIENTS**

## PASTA SALAD







# MENU

## INGREDIENTS

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- 1 Onion
- 1 Clove garlic
- 1 Carrot
- 1 Celery stick
- 15ml spoon of oil (School provide)
- 250g Veg mince
- 1 can of chopped tomatoes
- 15ml spoon of tomato puree
- 5ml spoon of mixed herbs (School provide)
- 100ml Water
- 150g Spaghetti
- Black pepper (School provide)

## VEGGIE SPAGHETTI BOLOGNESE



## METHOD

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1. Prepare the vegetables.
  - Peel and chop the onion
  - Peel and crush the garlic
  - Peel and slice the carrot
  - Finely chop the celery
2. Fry the onion, garlic, carrot and celery in the oil.
3. Add the mince and cook until it is lightly brown.
4. Add the tomatoes, tomato puree mixed herbs and water and mix all the ingredients together. Then add a few twists of black pepper.
5. Bring to the boil, then simmer for 20 mins.
6. Meanwhile, place the spaghetti in a separate saucepan of boiling water. Cook for 10-12 mins or until the spaghetti is 'al dente'.
7. Drain the water from the spaghetti using a colander.
8. To serve, pour some of the bolognese sauce over the spaghetti.



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## INGREDIENTS

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**300g** Strong plain flour

**150ml** Warm water (School provide)

**1/2 tsp** Salt (School provide)

**25g** Margarine

**1** Sachet yeast (7g)

**125g** Cheese

**20g** Tomato puree  
(Plus the toppings you have chosen)

## MARGHERITA PIZZA



## METHOD

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1. Preheat the oven on 220oc. Flour a baking tray.
2. Place the flour, yeast, and salt in a large bowl.
3. Rub in the margarine.
4. Gradually add 150ml warm water until a soft dough is formed.
5. Knead the dough for 5 minutes.
6. Shape the dough. Remember it does not have to be round!
7. Place the dough onto your baking tray and leave to prove.
8. Grate your cheese.
9. Prepare your toppings.
10. Spread the base with puree.
11. Place all toppings on top of the puree.
12. Sprinkle over cheese.
13. Bake in the oven for approximately 20 mins until golden.





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## INGREDIENTS

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**500g** Fruit

**50g** Sugar to sweeten

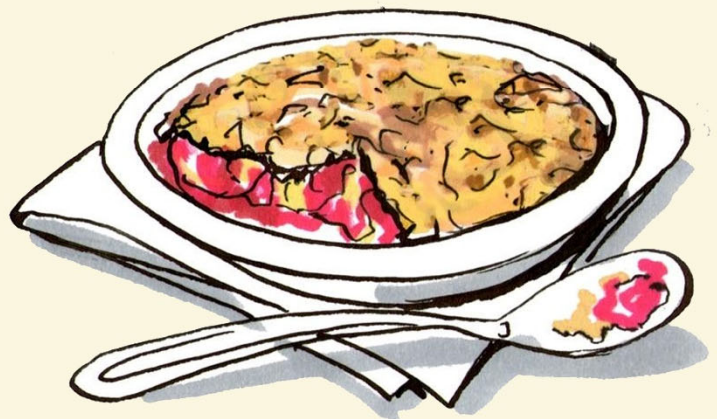
**150g** Plain Flour

**75g** Margarine

**75g** Castor Sugar

**50g** of additional toppings such as oats, digestive biscuits.

## FRUIT CRUMBLE



## METHOD

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1. Prepare the fruit according to type.
2. Preheat the oven to 200oc.
3. Sift the flour into a bowl and rub in the fat with your finger tips.
4. Stir the sugar and additional toppings into the flour.
5. Place the fruit at the base of your ovenproof dish.
6. Sprinkle crumble topping over the fruit base.
7. Bake in the oven for 20-25mins. Check times as these may vary.



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## INGREDIENTS

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**3 Eggs**

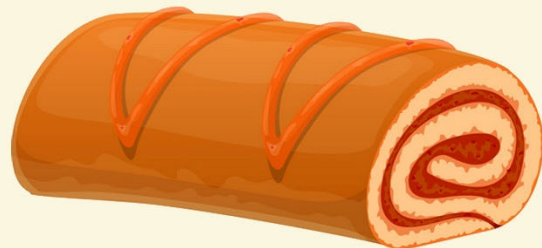
**75g** Caster sugar

**75g** Plain flour

**1-3 tbsp** Jam

Extra sugar for rolling.

## SWISS ROLL



## METHOD

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1. Preheat the oven to 220oc.
2. Line the swiss roll tin with greaseproof paper.
3. Whisk the eggs and sugar in a large bowl with an electric whisk until thick. This will take a good 5 mins until it starts to resemble double cream.
4. Sieve the flour onto a plate.
5. Gently fold in the flour a little at a time using a metal spoon. Don't be tempted to whisk it, BE GENTLE!
6. Pour the mixture onto the baking tray and bake in the oven for 8-10 mins until just golden brown.
7. While the cake is baking wash and dry up and then on a dry workplace, lay a piece of greaseproof paper down and sprinkle it caster sugar.
8. When the cake is ready take it out and flip it over onto the sugared greaseproof paper.
9. Gently trim the edges of the top and bottom of the swiss roll.
10. Mix the jam in the jar until it is soft.
11. Gently spread the jam onto the sponge using a palette knife.
12. Roll the sponge tightly from the shorter edge.