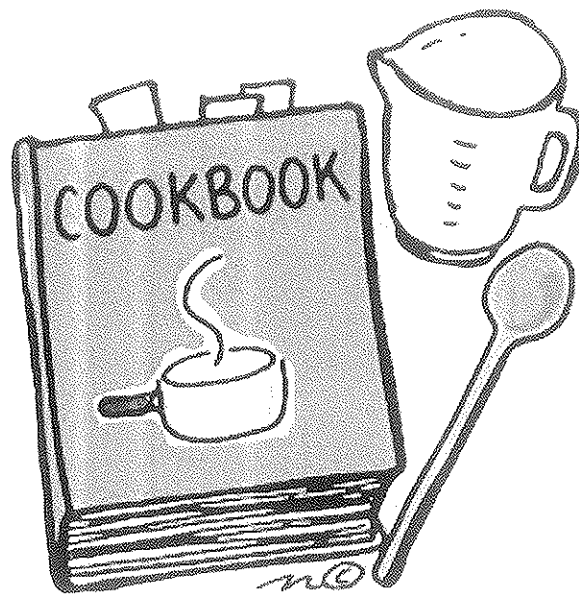


Year 7 Technology Mandatory

Food Technology

Recipe and Resource Booklet



Name:

Teacher:

Class:

Tuna and Corn Sushi Sandwich Bites – No Cooking

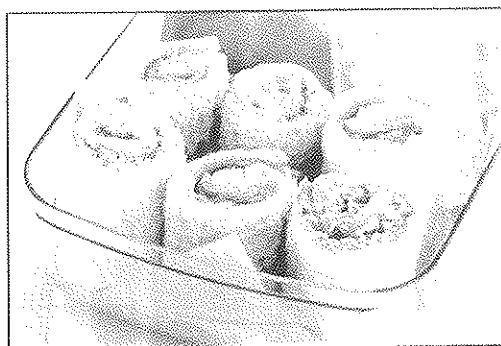
Makes: 12

Serves: 2

Preparation/Cooking Time: 30 minutes

Ingredients

- 4 slices wholemeal bread, crusts removed
- 1 tablespoon reduced-fat margarine spread
- 90g can tuna in springwater, drained, flaked
- 1 tablespoon whole-egg mayonnaise
- 65g can creamed corn
- 1/2 tablespoon finely chopped chives



Method

1. Make tuna and corn filling. Combine tuna, corn, mayonnaise and chives in a bowl.
2. Place bread on a flat surface. Using a rolling pin, flatten bread slightly. Lightly spread margarine over 1 side of each bread slice. Spread tuna filling over 4 slices, leaving a 2cm strip along top edge. Roll up to enclose filling.
3. Wrap sandwiches tightly in plastic wrap. Refrigerate for 15 minutes.
4. Remove plastic wrap. Cut each sandwich into 3 rounds. Serve.

Tuna and Corn Sushi Sandwich Bites

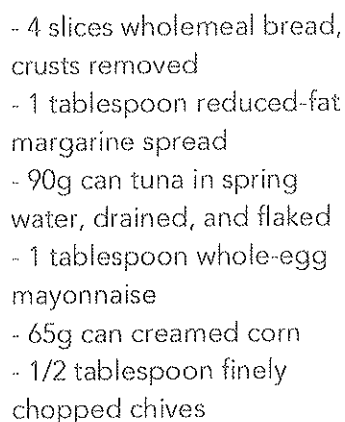
- **Verb:** a word that describes an action that is taking place.
- **Adjective:** a word naming an attribute of a noun.
- **Vegetarian:** a person who does not eat meat or fish, and sometimes other products derived from animals. They just to adopt this lifestyle for moral, religious or health reasons.

1. List ALL the action verbs used in the recipe.

2. Identify and Outline TWO reasons why it is important for a recipe to contain an action verb at the beginning of each step of the method.

3. List ALL the adjectives used in the recipe.

4. Some people choose to become Vegetarians for different reasons. The following recipe contains tuna, which is a type of fish. Rewrite the 'Sushi Sandwich Bites' recipe below so that it is suitable for Vegetarians.

- 
- 4 slices wholemeal bread, crusts removed
 - 1 tablespoon reduced-fat margarine spread
 - 90g can tuna in spring water, drained, and flaked
 - 1 tablespoon whole-egg mayonnaise
 - 65g can creamed corn
 - 1/2 tablespoon finely chopped chives

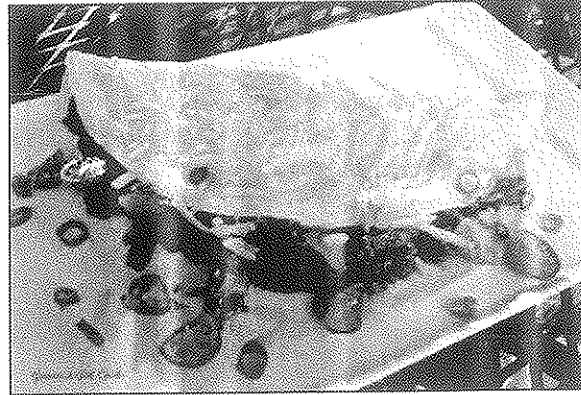
Mexican Omelette

Serves: 2

Preparation/Cooking Time: 20 minutes

Ingredients

- 4 eggs
- 1/3 cup milk
- 3/4 cup COON Mexican style shredded cheese
- 1 red capsicum, finely diced
- 4 green onions, trimmed, thinly sliced
- 1/4 cup flat leaf parsley leaves, finely chopped
- 2 teaspoons olive oil



Method

1. Whisk eggs, milk, 1/4 cup cheese and salt and pepper in a jug. Combine capsicum, onion, parsley and remaining 1/2 cup cheese in a bowl.
2. Heat half the oil to a non-stick frying pan over high heat until sizzling. Reduce heat to medium-low. Pour in half the egg mixture. Cook for 2 to 3 minutes or until egg starts to set.
3. Sprinkle half the capsicum mixture over omelette. Cook for 3 to 4 minutes or until egg is golden and set.
4. Repeat with remaining oil, egg mixture and capsicum mixture. Serve.

Mexican Omelette

Utensil: Small, hand-held tools designed to perform particular tasks.

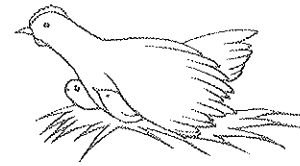
Cookware: Equipment used for cooking or baking.

1. List all the Utensils used to prepare the 'Mexican Omelette'.

2. What type of cookware was used to cook the omelette? Briefly explain why a saucepan was not used instead.

3. Fill in the blanks below. This will help you gain an understanding of where eggs come from.

- A male chicken is called a _____
- A female chicken is called a _____
- A baby chicken is called a _____
- Hens lay _____



Eggs, Hen, Rooster, Chick

4. Using the internet, define the term 'aeration'. Briefly describe what happens to an egg when it undergoes this process.

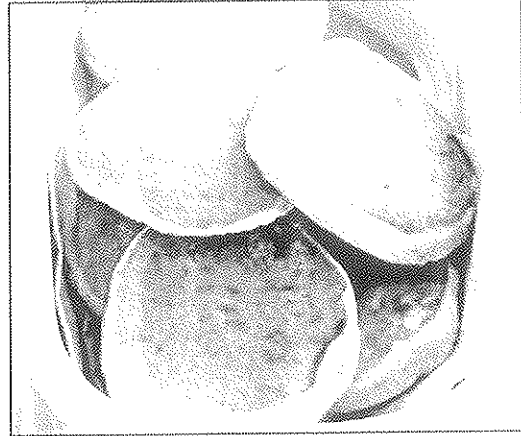
Apple Pikelets

Serves: 2

Preparation/Cooking Time: 20 minutes

Ingredients

- 1 1/2 cups self-raising flour, sifted
- 2 tablespoons caster sugar
- 1 egg, lightly beaten
- 300ml buttermilk
- 1/2 cup apple, grated
- 20g butter, melted



Method

1. Combine flour and sugar in a bowl. Make a well in the centre. Whisk egg and buttermilk together in a jug. Add egg mixture to flour mixture. Whisk until smooth. Stir in the grated apple.
2. Heat a large frying pan over medium heat. Brush base with butter. Using tablespoons of batter at a time, cook in batches for 2 to 3 minutes or until small bubbles start to form on the surface of pikelets. Carefully turn over. Cook for 1 to 2 minutes, or until cooked through
3. Transfer to a wire rack to cool.

Apple Pikelets

Buttermilk: The slightly sour liquid left after butter has been churned (whipped).

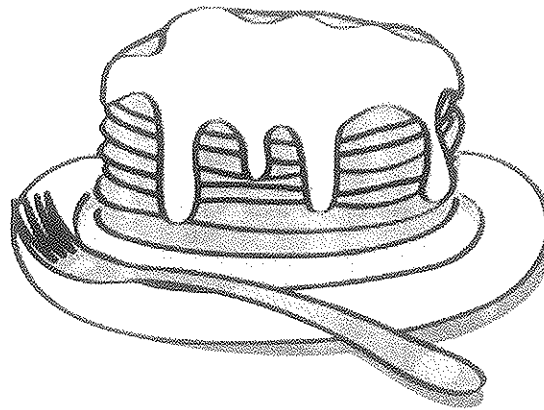
1. Briefly outline TWO differences between a pikelet and a pancake.

2. What is buttermilk? Why was buttermilk used instead of regular milk?

3. Watch the video below and draw a flow chart below to illustrate the process of making buttermilk.

<http://www.youtube.com/watch?v=0TeCTCIUDyA>

4. List TWO other fruits you could use in this recipe. Briefly describe why you would use them.



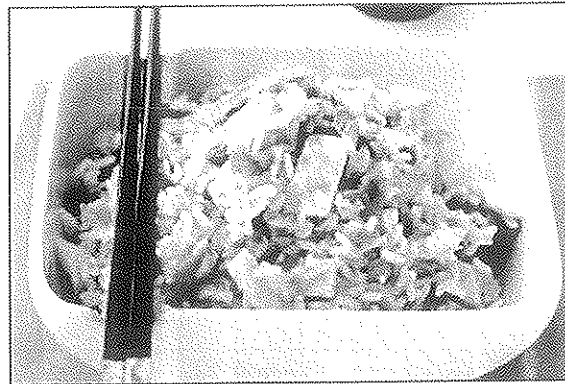
Easy Fried Rice

Serves: 2

Preparation/Cooking Time: 30 minutes

Ingredients

- 1 tbs vegetable oil
- 50g ham, cut crossways into long thin strips
- 1/4 capsicum, halved, deseeded
- 1/4 cup frozen peas (thawed)
- 1 egg, lightly whisked
- 1/2 small carrot, diced
- 2 tbs soy sauce
- 1/2 green shallot, thinly sliced diagonally (to serve)



For the rice:

- 300g (1 cup) long-grain rice
- 1 cup tap water

Method

To prepare the rice:

1. Rinse rice well under cold running water. Place rice and 1 cup of water in a large saucepan. Cover and bring to the boil over high heat. Reduce heat to medium-low and simmer for 12-15 minutes or until liquid is absorbed (it is a good idea to partially cover the saucepan).
2. Remove from heat. Stand for 5 minutes. Fluff rice with a fork to separate grains.
3. Allow rice to cool.

To prepare the ingredients:

4. Heat the oil in a large frypan over high heat. Add the ham and stir-fry for 2 minutes. Add the capsicum and peas, and stir-fry for 1 minute.
5. Reduce heat to medium-high and pour the eggs into the wok. Use a wooden spoon to break up the eggs until just set.
6. Add the cooked rice to the wok and cook, tossing often, for 2 minutes or until well combined and heated through.
7. Add the bean sprouts and soy sauce to the wok. Reduce heat to medium and cook over medium heat, tossing, for 1 minute or until well combined.
8. Add the green shallots, briefly combine and serve.

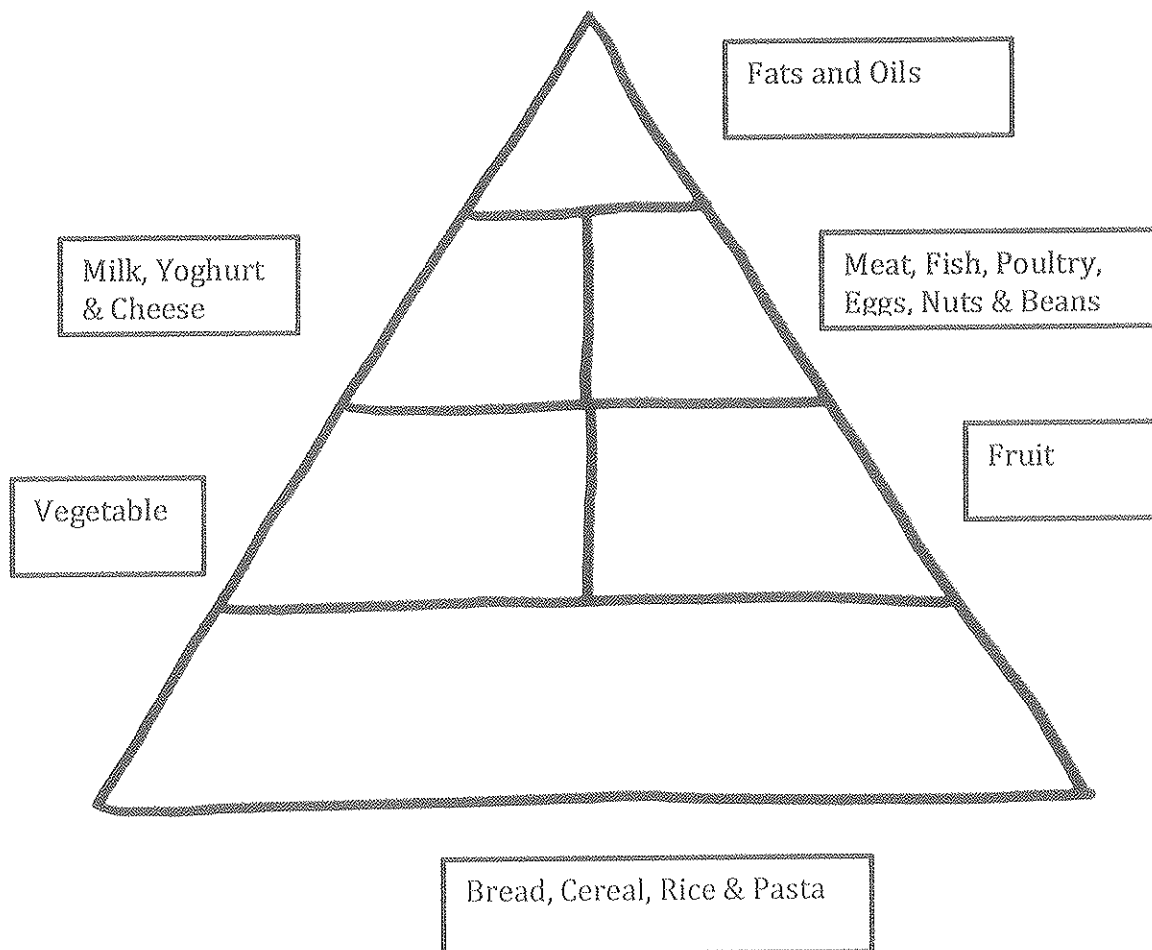
Easy Fried Rice

1. Define the following action verbs.

- Whisk:
- Slice:
- Dice:

2. Each of the ingredients listed below were used in the preparation of the 'Easy Fried Rice'. Correctly arrange each of the ingredients in the Healthy Living Pyramid below.

Vegetable Oil, Ham, Capsicum, Frozen Peas, Egg, Carrot, Rice, Shallots



3. Do you believe this recipe is good for you? Why or why not?

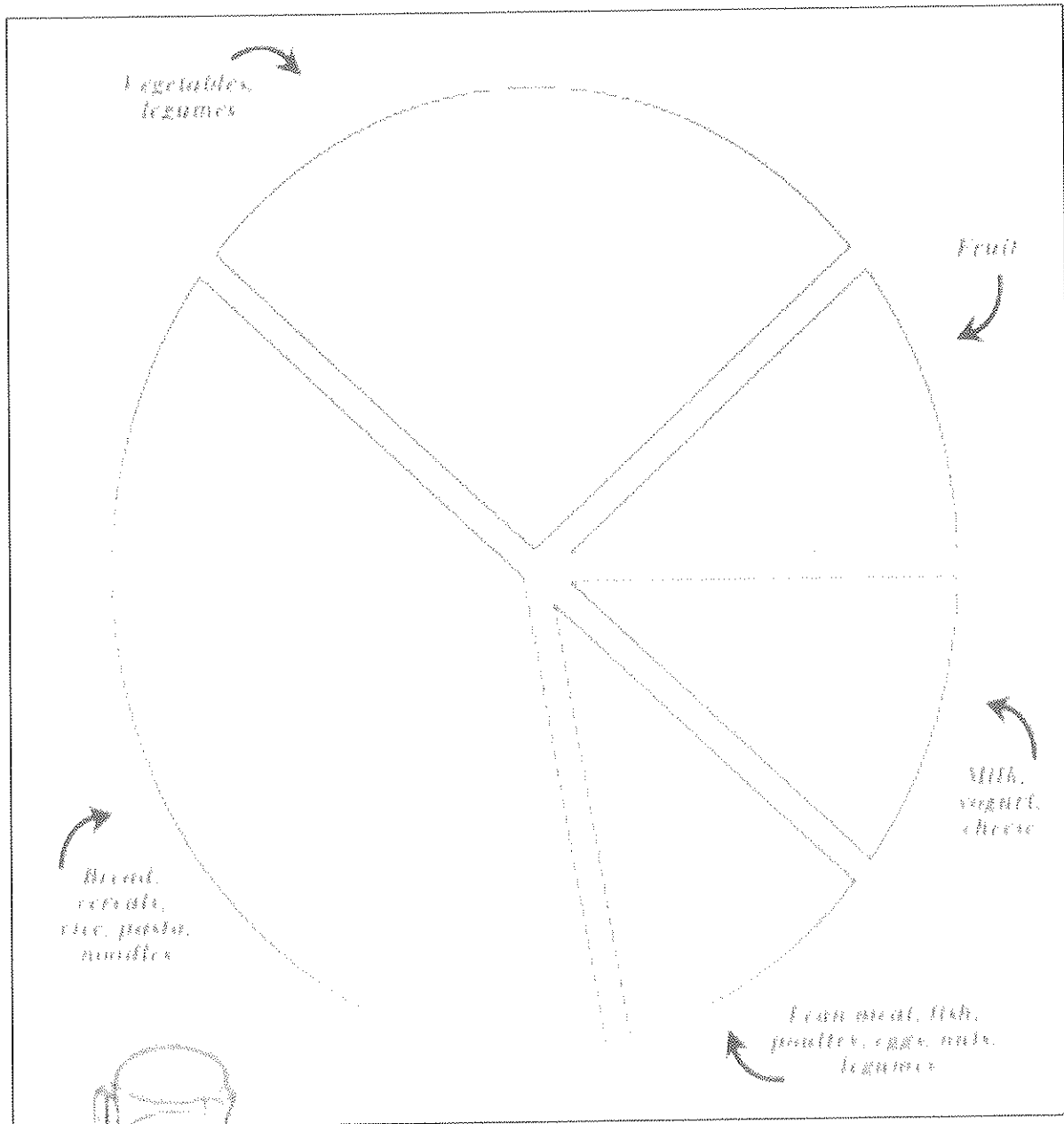
4. Identifying and consuming healthy food items is essential to maintaining good health. How many healthy food items can you locate in the find-a-word below?

T	B	H	R	E	O	Q	W	U	N	I	F	C	O	K	X	F
O	L	E	G	O	F	L	A	M	B	U	J	P	T	E	M	T
X	P	J	U	U	Q	M	I	P	K	A	S	R	O	Q	V	B
B	E	A	N	S	E	B	C	H	B	T	N	R	W	E	N	O
L	A	P	Z	K	Y	R	D	U	O	J	P	A	G	F	N	N
O	S	W	P	I	N	E	A	P	P	L	E	I	N	S	B	E
T	Q	H	C	T	P	A	I	M	M	H	A	E	F	A	A	S
J	A	U	L	S	L	D	G	O	S	V	R	E	O	R	N	T
U	D	I	M	G	D	T	Q	I	O	G	C	T	O	H	A	E
I	M	E	Y	R	T	I	F	O	U	T	Q	A	E	I	N	A
C	D	O	W	A	T	E	R	M	E	L	O	N	R	W	A	K
E	T	T	Z	P	C	N	K	I	G	B	N	Q	N	O	W	E
H	R	E	M	E	W	O	C	A	G	E	O	R	A	N	G	E
P	A	Y	P	S	L	E	A	S	S	L	S	E	J	Y	O	U
O	S	V	F	R	T	H	R	M	E	P	T	T	K	N	A	N

Fast Pizza

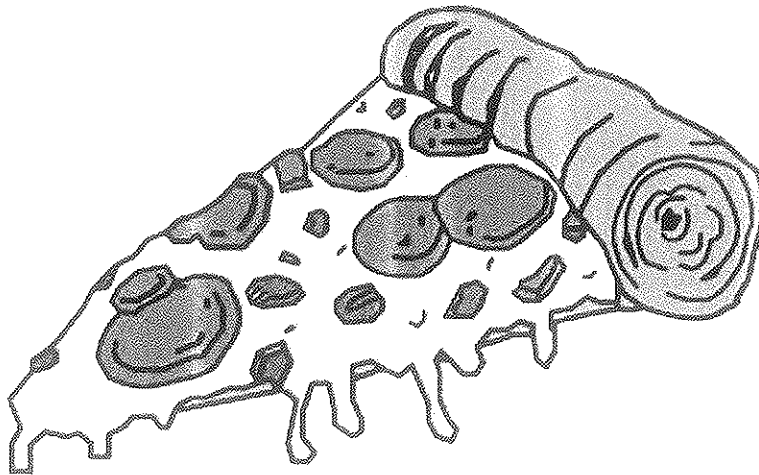
1. What other base could you use instead of the English Muffins?

2. The Fast Pizza contains ingredients from several food groups recommended in the Australian Guide to Healthy Eating (AGHE) model. Categorise each of the ingredients in the Fast Pizza recipe in the blank AGHE model below.



3. Study the results in the AGHE model above. Do you believe the Fast Pizza Recipe is nutritious? Why/Why Not?

4. What meat alternatives could be used instead of ham to ensure that this food item is suitable for Vegetarians?



Banana Oat Muffins

Makes: 12

Serves: 2

Preparation/Cooking Time: 30 minutes

Ingredients

- 2 cups self raising flour
- ½ cup brown sugar
- 1/3 cup (80mL) vegetable oil
- 1 cup milk
- 2 eggs
- 1 cup mashed banana (2 large)



Method

1. Preheat oven to 180°C. Grease a 12 hole muffin pan or line with paper cases.
2. Sift flour into a large bowl. Add sugar and beat using an electric mixer briefly to combine.
3. In a glass measuring jug, pour in milk (up to 1 cup), oil (up to 1 1/3 cups) and add eggs, whisk to combine. Pour milk mix and bananas into dry ingredients, beat with an electric beater until just combined.
4. Spoon into muffin pans and bake for 15 minutes or until a skewer inserted into the centre comes out clean.
5. Cool slightly, then place on rack to cool completely.

Banana Oat Muffins

1. Define the verb 'sift'. Why is it important to sift the flour in the muffin recipe?

2. Briefly describe the difference between white sugar and brown sugar.

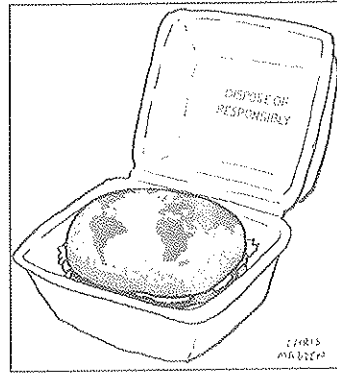
3. 'Oats keep you fuller for longer'. Why?

4. What piece of equipment would you use to measure the 1 C of milk? Why?



5. Select ONE of the packaging materials below and answer the questions in the box provided.

- Plastic
- Paper/Cardboard
- Glass
- Metal



<p><i>What is the packaging material? Where is it obtained from/ How is it made?</i></p>	<p><i>Advantages of using this packaging material.</i></p>
<p><i>Disadvantages of using this packaging material.</i></p>	<p><i>List FIVE different food items are contained in this packaging material.</i></p>

6. Which material would be the most suitable for packaging an individual muffin? Explain why.

7. Below is an example of a package. Identify TEN important features of the package below and list them in the space provided (the first one has been done for you).

PARADISE MEADOW

ORGANIC
PREMIUM DRIED
Cranberries

ALL NATURAL • FAT AND CHOLESTEROL FREE

NET WT 5 OZ. (142g)

SWEETENED DRIED CRANBERRIES
NO ARTIFICIAL COLORS, FLAVORS, OR PRESERVATIVES

USDA ORGANIC

100% FOOD GRADE DRIED CRANBERRIES
100% FULL SERVING OF FRUIT

Paradise Meadow Organic Dried Cranberries.
Healthy for you and the environment.

Organic Cranberries
All Natural
No Artificial Flavors or Preservatives
Gluten Free

Our Third-Party Certified Organic Full Serving of Fruit

Nutrition Facts	
Serving Size 1/2 Cup (40g)	
Amount Per Serving	
% Daily Value*	
Total Fat 1g	2%
Total Crap 1g	2%
Sodium 1g	2%
Total Carbohydrate 1g	2%
Total Fiber 1g	2%
Total Sugar 1g	2%
Total Protein 1g	2%

BEST BEFORE

INGREDIENTS: 100% ORGANIC DRIED CRANBERRIES, CERTIFIED ORGANIC CANE SUGAR, CITRIC ACID, NATURAL FLAVOR.

Allergy Alert: Packaged with other products that contain milk, tree nuts, peanuts, wheat and soybeans.

DISTRIBUTOR: Decas Cranberry Products, Inc. 10000 20th St. W. www.decascranberry.com

MADE IN THE USA with some ingredients imported.

1. Name of Company

2.

3.

4.

5.

6.

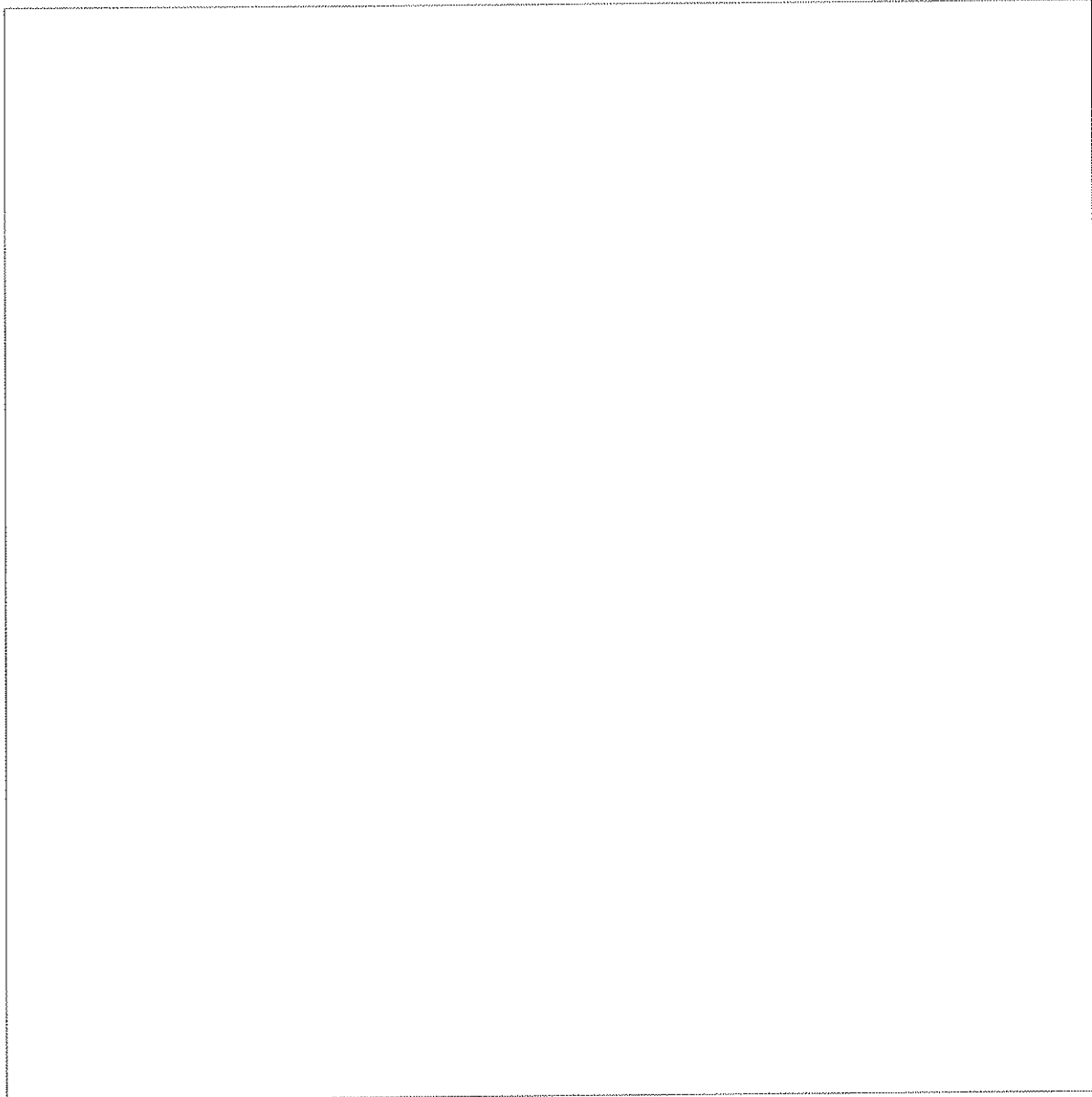
7.

8.

9.

10.

8. Using the space provided, draw an isometric view of an appropriate package for an individual 'Banana Oat Muffin' to be sold at the school canteen. This drawing must also be annotated (add notes/label). Your package must be creative as well as meet each of the main functions of a package.



Basic Scones

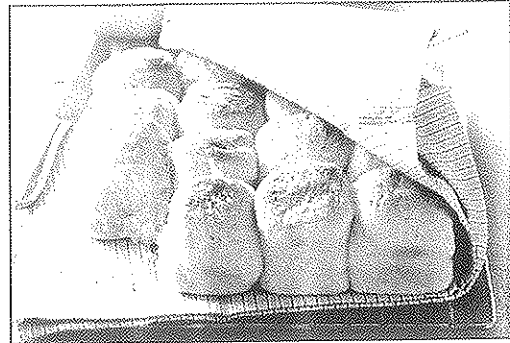
Makes: 6

Serves: 2

Preparation/Cooking Time: 30 minutes

Ingredients

- 1/2 cups self-raising flour, sifted
- 1/4 cup caster sugar
- 50g cold butter, chopped into cubes
- 1/2 cup (125ml) milk, plus extra, for brushing
- Raspberry jam, to serve

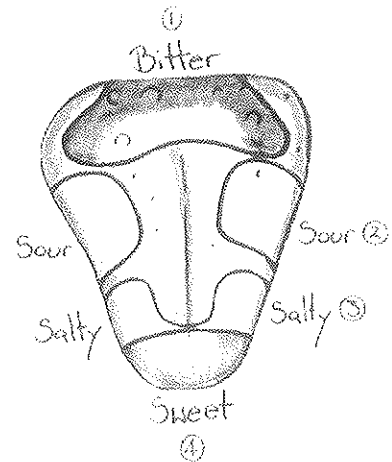


Method

1. Preheat oven to 180°C.
2. Place the flour and sugar in a bowl and mix to combine. Add the butter and use your fingertips to rub it into the flour mixture until it resembles fine breadcrumbs. Make a well in the centre and pour in the milk.
3. Use a butter knife to gradually mix the milk into the flour mixture until just combined.
4. Turn out onto a lightly floured surface and gently bring the dough together.
5. Roll out to 2cm thick and use a 6cm-round cutter to cut 6 rounds.
6. Place the scones on a baking tray lined with non-stick baking paper and brush with extra milk.
7. Bake for 18–20 minutes or until the skewer comes out clean.
8. Serve with raspberry jam.

Basic Scones

- **Sweet:** Having the pleasant taste characteristic of sugar or honey; not salt, sour or bitter.
- **Savoury:** Belonging to the category, which is salty or salty, rather than sweet.



1. What is a scone?

2. A method for a sweet scone recipe has been provided below, however, it is written as a recount. You will need to fill in the recipe card (on the following page) so that it is in a step-by-step procedural format. Be sure that each step of your method begins with an action verb.

On the 1st of February, I decided to prepare some 'Choc Chip and Apple Scones'. Before I prepared the recipe, I made sure I had the following ingredients at hand; 1 ½ cups self raising flour which has been sifted, ¼ cup caster sugar, 50g cold butter which was chopped into cubes, ½ cup of choc chips, ½ a green apple which was chopped finely and ½ cup of milk. Prior to preparing the ingredients, I first preheated the oven to 180°C. I then grabbed a bowl out of the pantry and placed the flour and sugar into the bowl. Secondly, I added the choc chips and chopped apple to the dry ingredients and used a wooden spoon to combine all the ingredients together. I then added the butter and used my fingertips to rub the mixture so that it resembled breadcrumbs. I made a well in the centre and poured in the milk and used a butter knife to gradually mixed the milk into the flour mixture. I then lightly floured a chopping board and turned the mixture onto it. This allowed me to bring the dough together until it was well combined. Finally, I rolled out the dough so that it was roughly 2cm thick and used a 6cm round cutter to cut 6 rounds. Once I had finished preparing the scones, I lined a baking tray with non-stick baking paper and placed the scones onto the tray. I then brushed the scones with the extra milk and baked them into the oven for 18-20 minutes. I tested the scones using a skewer and I knew they were ready when the skewer came out clean.



Choc Chip and Apple Scones

Preparation Time:

Cooking Time:

Serving Size:

Ingredients:

Equipment:

Method:

3. You are now well aware that scones are extremely versatile. You can use a combination of ingredients to prepare both sweet and savoury variations using a basic scone recipe. Now that you have seen a sweet scone recipe, it is your turn to choose any TWO savoury ingredients that you believe will work well together to create a savoury scone recipe.

Preparation Time:

Cooking Time:

Serving Size:

Ingredients:

Equipment:

Method:

Homemade Muesli Bars

Makes: 12

Serves: 2

Preparation/Cooking Time: 40 minutes

Ingredients

- ¼ cup (125mL) honey
- ¼ cup caster sugar
- 65g butter
- 2 cups rolled oats
- ½ cup Rice Bubbles
- ¼ cup sultanas
- ¼ cup chopped dates
- ¼ cup desiccated coconut
- ¼ cup sunflower or sesame seeds



Method

1. Preheat oven to 180°C.
2. Grease and line a slice tray with baking paper.
3. Combine honey, sugar and butter in a saucepan over medium heat.
Cook, stirring, for 2-3 minutes until butter melts and sugar dissolves.
4. Bring to the boil and cook for 2 minutes or until syrup thickens slightly.
Remove from heat.
5. Combine remaining ingredients in a large bowl.
6. Pour over the hot syrup and stir to combine.
7. Spoon into prepared pan and press firmly to make sure the mixture will stick together.
8. Wet fingers with cold water and press the top to get a smooth finish.
9. Bake in oven for 15 minutes or until golden.
10. Cool and then refrigerate for 10 minutes or until chilled. Cut into 24 slices (about 2cm x 6cm).

Homemade Muesli Bars

- *Preserve*: Maintain in its original or existing state without. To prevent food from "going off".

1. Briefly describe what happens to sugar when it is heated. What changes in terms of its colour? How does the state of the sugar change?

2. What are sultanas?

3. Visit the following website and read the recipe to understand the process of making dried fruit http://www.ehow.com/how_2313214_oven-dry-fruit.html. Briefly describe how dried fruit is made.

4. How does drying fruit help to preserve it?

5. In the muesli bar recipe, why were dried fruits used instead of fresh fruits?

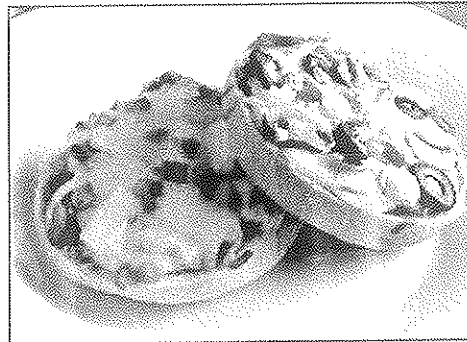
Fast Pizza

Serves: 2

Preparation/Cooking Time: 20 minutes

Ingredients

- 2 English Muffins
- 1 Tbl Tomato Puree
- ½ C Ham (Chopped)
- 2 Mushrooms Diced
- 4 Sun Dried Tomatoes (Chopped)
- ¼ Red Capsicum (Diced)
- ½ C Cheese (Grated)



Method

1. Preheat oven to 150 Degrees Celsius.
2. Split muffins in half.
3. Spread with tomato puree and place a little of each topping, except the cheese on each muffin base.
4. Sprinkle cheese on top.
5. Line the baking tray with baking paper and place the muffins on top.
6. Place in the oven and bake for 3-5 minutes or until cheese is bubbling.

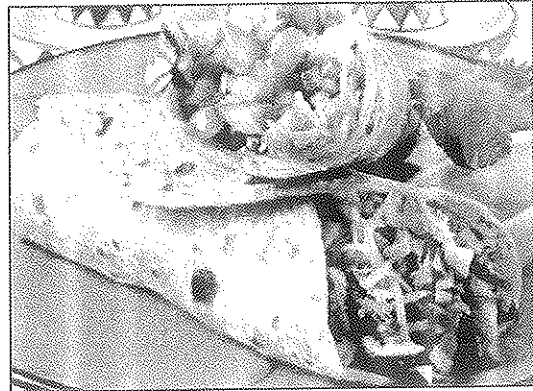
Chicken Burritos

Serves: 2

Preparation/Cooking Time: 25 minutes

Ingredients

- 100g Chicken Breast
- 10g Taco Seasoning
- 1t Oil
- 3 Flour Tortillas
- ¼ C Cheese (grated, low-fat)
- Lettuce (shredded)
- ¼ Tomato (diced)
- ¼ Cucumber (quartered and diced)



Method

1. Slice chicken into strips.
2. Place seasoning mix on in a small bowl and toss chicken pieces in seasoning. Shake to remove excess
3. Heat oil in a fry pan and cook chicken in batches until cooked through. Drain on paper towel.
4. Heat tortillas in microwave for the time recommended on the packet.
5. Place chicken on each tortilla towards one edge.
6. Top with taco sauce, cheese, lettuce, tomato and cucumber.
7. Fold in bottom section of tortilla and roll up firmly.

Chicken Burritos

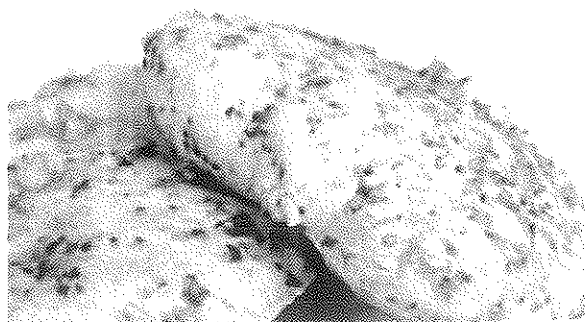
1. What is a Burrito?

2. What other meat products could be used instead of the chicken?

3. It is important to understand that even foods that are good for you can be prepared in unhealthy ways. Examine the following images and nutritional tables below.

Roast Chicken

5g =	10g =	15g =	20g =	25g =	30g =	35g =
1tsp	2tsp	3tsp	4tsp	5tsp	6tsp	7tsp



Deep Fried Chicken



NUTRITION INFORMATION

Serving: 1 breast fillet

Serving Size: 130g

Chicken - Home Made
(see appendix 1, table 2)



	Average qty per serving	Average qty per 100g
Energy	832kJ	640kJ
Protein	39g	30g
Fat - Total	5.2g	4g
Fat - Saturated	2.0g	1.5g
Carbohydrate	0g	0g
Sugars	0g	0g
Sodium	58mg	45mg

NUTRITION INFORMATION

Serving: 1 breast piece

Serving Size: 164g

Chicken - KFC Fried Chicken



	Average qty per serving	Average qty per 100g
Energy	1945kJ	1188kJ
Protein	34.8g	21.2g
Fat - Total	30.2g	18.4g
Fat - Saturated	12.1g	7.4g
Carbohydrate	13.4g	8.2g
Sugars	0.2g	0.1g
Sodium	1510mg	616mg

i. Look at the FAT Total of both nutritional tables. What do you notice? Why?

ii. What is sodium? Why is the sodium content in the take away chicken much higher than that of the roast chicken?

iii. How was the chicken in the Chicken Burrito recipe prepared? Do you think this is a healthy way to prepare chicken? Why/Why Not?

