



# Cookery and Nutrition

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

## Pupils should be taught to:

### Key Stage One -

- Use the basic principles of a healthy and varied diet to prepare dishes.
- Understand where food comes from.

### Key Stage Two -

- Understand and apply the principles of a healthy and varied diet.
- Prepare and cook a variety of predominately savoury dishes using a range of cooking techniques.
- Understand seasonality and know where and how a variety of ingredients are grown, reared, caught and processed.



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# Bugle School Recipe book.

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## DT - COOKERY AND NUTRITION CURRICULUM

# Table of Contents

Stripy Salad Pots.....	1
Bagel Bruschetta.....	2
Simple Spring Rolls .....	2
Plant Salad.....	2
Scrummy Scones.....	3
Naan Bread.....	4
Potato and chicken curry.....	4
Bacon, Bean and Herb Salad.....	4
Sweet & Sour carrots.....	5
Roman Flatbread.....	1
Hot Cross Buns.....	1
Corn Cheese Balls.....	1
Salata.....	1
Lemon Cupcakes.....	1
Beef Stew & Dumplings.....	1
Victorian Tea Cakes.....	1
Homemade burger.....	1
Potato Salad.....	1

# Sequencing

Year 1: Assemble ingredients to prepare food, using simple tools to cut, peel or grate safely and hygienically.

Year 2: Prepare food safely and hygienically, measuring and weighing ingredients using measuring cups and digital scales.

Year 3: Follow a recipe, using appropriate utensils and measuring skills to prepare a savoury food.

Year 4: Follow a recipe, using appropriate utensils and measuring ingredients to the nearest gram accurately in order to prepare food.

Year 5: As designers, scale up or down a recipe, having accurately calculated ratios of carefully measured ingredients.

Year 6: As designers, create and refine recipes that demonstrate a range of baking and cooking techniques, applying previously learned skills.

Mastery: Children are able to make quality products, evidencing a range of independent cooking skills of a particularly high standard.

# Useful Links

Food - a fact of life [recipes](#)

The History cookbook [history cookbook](#)

BBC food [healthy kids recipes](#)













[Sugar swaps for children](#)

Change for life [recipes](#)

British Nutrition Foundation  
[Food in schools](#)

National Curriculum [Cookery & Nutrition](#)

## Design & Technology Cookery and Nutrition

Year 1	 <p>Stripy Salad Pots and/or Bagel Bruschetta.</p>	 <p>Simple Spring rolls</p>
Year 2	 <p>Plant salad (coleslaw)</p>	 <p>Scrummy Scones</p>
Year 3	 <p>Prepare and make a Hindu main and side.</p>	 <p>Bacon, bean and herb salad</p>
Year 4	 <p>Roman carrots in sweet and sour sauce served with ancient Roman flat bread.</p>	 <p>Hot Cross Buns</p>
Year 5	 <p>Corn Cheese balls &amp; Salata (Salad)</p>	 <p>St George's Day Cupcakes</p>
Year 6	 <p>Beef Stew &amp; Dumplings followed by Victorian Tea Cakes.</p>	 <p>Plan and prepare for an end of Year 6 Summer BBQ.</p>

# Stripy Salad Pots



## Ingredients

- 30g Cheddar cheese
- 1 small carrot
- 1/2 red pepper, deseeded
- 2 x lettuce leaves
- 4 x 15ml spoons sweetcorn

## Method

1. Grate the cheese.
2. Top, tail, peel and grate the carrot.
3. Snip the pepper into strips and then into small

## Top Tips

You could add other ingredients to your salad pot:

- chopped cherry tomatoes, grapes or olives;
- grated courgette;
- canned tuna;
- cooked prawns;
- sliced ham or chicken.

# Potato Salad



## Ingredients

- 400g cooked new potatoes
- 2 x 15ml spoons of fresh dill
- 2 x spring onions
- 2 x 15ml spoons of low-fat mayonnaise

(serves 4)

## Method

1. Chop the potatoes in half and place into the bowl.
2. Chop the herbs and spring onions and add these to the bowl.
3. Stir in the mayonnaise.

## Top Tips

- More vegetables can be added, e.g. canned sweet corn or peas, peppers.
- Meat or other ingredients can also be added, e.g. ham, cooked chicken or hard-boiled eggs can be added to the salad.
- To change the flavour of the salad, omit the dill and add different herbs, e.g. mint or coriander.

# Homemade Burger



## Ingredients

400g lean beef mince  
1 red onion  
1 small egg  
Black pepper  
Flour, for dusting  
(Makes 8 burgers)

## Method

1. Peel and finely dice
2. Mix the minced beef and black pepper.
3. Divide mixture into 8 balls. Dust hands in flour and flatten each ball into a burger shape. Thoroughly wash and dry hands after touching the raw meat.
4. Cook on the barbeque or under the grill until cooked - about 5 minutes each side. Ensure no pink meat remains.
5. Serve.

## Top Tips

- Add chopped mushrooms, chilli, garlic or herbs to the meat mixture.
- Use lamb, pork or turkey mince for a change.
- Serve the burger in a bun with lots of salad.
- Shape into balls and serve with a rich tomato sauce on pasta

# Bagel Bruschetta



## Ingredients

1 bagel  
2 tomatoes - chopped  
2-3 basil leaves  
1 spring onion  
¼ ball of low-fat mozzarella or grated cheddar  
1 x garlic clove  
(Serves 2 children)

## Method

1. Preheat the oven to 170°C or gas mark 4.
2. Using the claw grip - chop up the tomatoes
3. Put the tomatoes into the mixing bowl.
4. Tear the basil leaves finely and add to the mixing bowl.
5. Snip the spring onion into the mixing bowl, using the kitchen scissors.
6. Stir all the ingredients together.
7. Slice the bagel into quarters, and then halve each quarter through the middle.
8. Lay the pieces of bagel on a baking tray, crust side down.
9. Bake in the oven, for 5-8 minutes until slightly brown and crispy.
10. Allow to cool.
11. Peel the garlic clove and rub it 2 or 3 times over each piece of bagel.
12. Spoon the tomato mixture onto each piece of bagel and tear small pieces of mozzarella or grate some cheddar and add to the top of each piece of bagel.

# Simple Spring Rolls



## Ingredients

1 small carrot  
2 spring onions  
40g beansprouts  
25g frozen peas  
1 x 15ml spoon oyster sauce  
4 filo pastry sheets  
Oil

(Makes 4 spring rolls)

## Method

1. Preheat the oven to 200°C or gas mark 6.
2. Top, tail, peel and grate the carrot.
3. Snip the spring onions in the mixing bowl.
4. Add the beansprouts, peas and oyster sauce.
5. Mix the ingredients together.
6. Place the filo pastry sheets on the work surface.
7. Halve the pastry sheet and work on one half at a time.
8. Spoon a little vegetable mixture along the top edge.
9. Fold over twice.
10. Fold in the two edges.
11. Continue to roll up the spring roll.
12. Place on the baking tray.
13. Brush with a little oil.
14. Bake for 15 minutes, until golden.

# Victorian Tea cookies



## Ingredients

225g butter  
200g sugar  
2 medium eggs  
1 tsp vanilla extract  
450g self-raising flour  
1 tsp baking powder

## Method

1. Grease a large baking tray.
2. Mix together sugar, butter, eggs and vanilla extract in a mixing bowl.
3. In separate bowl, mix flour and baking powder.
4. Slowly blend flour mixture and sugar mixture.
5. Knead together. If sticky, add more flour.
6. Roll into balls and then press gently with a fork (this will make a pattern on the cookies).
7. Put on a baking tray and bake in a pre-heated oven at (180C or gas mark 4) for 20 minutes.
8. Remove the cookies from the oven and leave to cool. Then enjoy!

# Beef Stew & Dumplings



## Ingredients

450g stewing beef, diced  
2-3 tbsp seasoned flour  
3 turnips  
2 onions  
2-4 carrots  
2 parsnips  
1 pint beef stock

For the Dumplings:  
100g self-raising flour  
50g shredded suet  
1/2 tsp salt  
a little water

## Method

1. Season some flour with salt and pepper
2. Toss the diced beef in the flour. (You can miss this step and brown the meat with no flour but your finished stew will be thinner)
3. Brown the beef in a deep pan
4. Soften the onions
5. Add the stock and stir well
6. Peel & chop the carrots and parsnips. Add them
7. Bring the pan to the boil so the flour thickens the stew.
8. Reduce the heat, cover and simmer for 30-40 minutes. (For cheaper cuts you may need to simmer for longer)
9. While the stew is cooking, you need to make the dumplings
10. Add the flour, salt and suet into a dish
11. Add the chopped parsley, if you are using any
12. Add a little water, a tablespoon at a time, stirring until you have a slightly sticky dough
13. Divide into 4-6 even pieces
14. 20 minutes before the stew is ready, remove the lid and add the dumplings
15. Push the dumplings under with a spoon and then re-cover. It is important to leave the pan covered or the dumplings won't cook properly
16. After 20 minutes remove the lid and serve hot.

# Plant Salad



## Ingredients

1/4 red cabbage  
2 x sticks celery  
1 carrot  
1 x 15ml spoon of low fat mayonnaise  
1 x 15ml spoon of plain yogurt.

## Method

1. Remove the core from the cabbage.
2. Separate the cabbage leaves and cut them into strips with the scissors.
3. Top and tail the carrot, then peel and grate.
4. Cut the celery lengthways and the snip or cut into small pieces.
5. Place the cabbage, carrot and celery into the mixing bowl.
6. Add the mayonnaise and yogurt to the other ingredients and mix together.

## Top Tips

- Wash all the vegetables before use.
- Instead of the yogurt, try reduced fat fromage frais or crème fraîche.
- Add other vegetables such as sweetcorn, pepper or spring onions.
- Add herbs like chives or parsley.
- Serve with a jacket potato for a tasty lunch.

# Scrummy Scones



## Ingredients

250g self-raising flour  
4.0g spread  
125ml semi-skimmed milk

## Method

1. Preheat the oven to 220°C or gas mark 7.
2. Weigh and measure the ingredients.
3. Sift the flour into the mixing bowl.
4. Using your fingertips, rub the spread into the flour until it resembles fine breadcrumbs.
5. Pour in the milk a bit at a time and mix it with the palette knife to make a soft dough. Save a little of the milk.
6. Place the dough on a lightly floured work surface and knead lightly.
7. Roll out the dough or press it into shape by hand, until it is 1.5cm thick.
8. Cut-out the scones using a cutter. No cutter? Divide the dough and press and shape by hand!
9. Place the scones onto the baking tray, brush with a little milk and bake for 12-15 minutes, until golden brown.
10. After baking, place the scones on a cooling rack.

## Top Tips

Try some of these ingredients to flavour the scones. Choose one ingredient from each column per batch of scones.

Use 75g of one of these ingredients	Use ½ x 5ml spoon of these
Reduced fat cheese, grated	Mustard
Sweetcorn	Dried mixed herbs
Pepper, finely chopped	Chives

# Lemon Cupcakes



## Ingredients

115g unsalted butter, softened to room temperature  
200g granulated sugar  
2 large eggs  
1 and 1/2 tsp vanilla extract  
190g all-purpose **flour**  
2 tsp baking powder  
1/2 tsp salt  
120ml milk  
zest + fresh juice of 2 medium lemons

Topping: vanilla buttercream & roll out icing (dyed).

## Method

1. Preheat the oven to 170°. Line 12-count muffin pan with paper liners. Set aside.
2. Using a handheld mixer fitted with a paddle attachment, beat the butter & sugar together on medium-high speed in a large bowl until creamed. Scrape down the sides and bottom of the bowl. Add eggs and vanilla. Beat until everything is combined.
3. In a medium bowl, toss together the flour, baking powder & salt. Slowly add the dry ingredients to the wet ingredients in 3 additions, beating on low speed after each addition. Beat in the milk, lemon zest & lemon juice on low speed until just combined. Do not overmix this batter at any point.
4. Spoon batter evenly into 12 cupcake liners, filling them about 2/3 full. Bake for about 18-22 minutes. Remove from the oven and allow to cool completely before frosting.
5. Frost cooled cupcakes with a little vanilla buttercream. Add St George's decorations using roll out fondant.



# Salata



## Ingredients

- 3 Tomatoes
- Baby cucumber
- 1 sweet Onion
- $\frac{3}{4}$  cup of freshly chopped coriander
- 3 tbsp lemon juice

## Method

1. Peel and chop all vegetables.
2. Combine all vegetables well and toss together.
3. Pour the lemon juice and sprinkle salt according to your taste.
4. Now, toss again and put in refrigerator for an hour.
5. Garnish with coriander and serve.

## Top Tips

The basis of this Ramadan recipe is tomato and onion but you could try adding a variety of different ingredients to find your 'perfect' Salata.

- Sweetcorn
- Bell peppers
- Finely chopped red cabbage
- oils

# Naan Bread



## Ingredients

- 60ml semi-skimmed milk
- 200g strong flour
- 1 tsp spoon baking powder
- $\frac{1}{2}$  sachet instant yeast
- 1 tsp oil
- 1 tbsp spoon low fat plain yogurt

## Method

1. Warm the milk (either in a saucepan or microwave).
2. Sift the flour and baking powder into a bowl. Stir in the yeast.
3. Add the yogurt, oil and warm milk.
4. Mix into a soft dough.
5. Knead for 10 minutes.
6. Leave the dough to prove (rise) for around 30-60 minutes.
7. Preheat the oven to 250°C or gas mark 8.
8. Place the baking tray in the oven to warm.
9. Knead the dough and divide into 4.
10. Roll out each piece of dough into a 'tear' shape (oval).
11. Cook the naans on the heated tray for 3-4 minutes, until puffed up and brown.

## Top Tips

To make them extra special, brush the naans with a low-fat spread and sprinkle with poppy or sesame seeds before baking.

# Potato & Chicken Curry



Makes 4-6 small 'tasting' portions.

## Ingredients

300g salad potatoes e.g. Charlotte  
1 tbsp rapeseed oil  
2 small chicken breasts (approx. 250g)  
1 onion, (approx. 150g)  
1 tbsp medium madras curry powder  
400g can chopped tomatoes  
50ml water

## Method

1. Prepare the ingredients:
    - dice the potatoes;
    - cut the chicken into small pieces;
    - peel and slice the onion;
    - deseed and grate the cucumber;
    - chop the mint.
  2. Cook the potatoes in boiling water for 10 minutes, drain.
  3. Meanwhile, heat the oil in a frying pan and fry the chicken and onion for 5 minutes until browned. Add the curry powder and cook for 1 minute.
  4. Stir in the tomatoes and 50ml water, cover and simmer gently for 5 minutes. Stir in the cooked potatoes and cook for a further 5 minutes.
- Optional - you could make a Raita dip to accompany the curry.

# Corn Cheese Balls



## Ingredients

1 big potato boiled & crushed  
2 tbsps tinned sweetcorn  
2 tbsps green pepper  
Coriander leaves  
½ cup mozzarella cheese  
½ tbsps. Chilli flakes (optional)  
½ tsp Basil  
½ tbsp Black pepper  
Salt - according to taste

2 tbsp corn flour  
Oil  
2 tbsp Maida Flour (can use plain)  
Breadcrumbs

## Method

1. Put all ingredients in a bowl except refined flour and mix well.
2. Apply oil on hands.
3. Take a small quantity of the mixture and give it the shape of the ball. Do the same for remaining mixture.
4. Now take refined flour and water to make a thin paste of it.
5. Dip the balls into the thin paste of refined flour and spread the breadcrumbs.
6. Put in refrigerator for 30 minutes.
7. Put in hot oil (adult) and fry until it became brown.
8. Take out in a dish and serve with ketchup/salad.

# Hot Cross Buns



## Ingredients

50g butter or soft baking spread  
 150ml semi-skimmed milk  
 2 tsp spoon fast action yeast (or 1 sachet)  
 400g strong flour  
 150g currants  
 100g mixed peel  
 1 tsp salt  
 1 tsp mixed spice  
 2 eggs  
 ½ tsp cinnamon  
 ½ tsp nutmeg  
 75g golden caster sugar

## Glaze

1 tbsp spoon granulated sugar  
 2 tbsp spoons water

## Method

1. Mix the fat & milk in a saucepan & warm until the fat has melted.
2. Sift the flour, salt and spices into a bowl then add the yeast.
3. Add the currants & peel and stir to ensure they are well coated; then add the sugar. Beat the eggs.
4. Stir in the liquid and beaten eggs to the dry ingredients to form a soft dough.
5. Turn onto a floured surface & knead for 6-8 minutes until smooth & no longer sticky then divide into 12 & shape into buns.
6. Place the buns well apart on greased baking tray.
7. To make crosses, slash the buns with a sharp knife or use thin strips of pastry or pipe on crosses using a paste made from 2 tbsp each of plain flour and water.
8. Cover the buns and leave to rise in a warm place until double in size - about 1 hour then bake in a hot oven, 200C/gas 6 for 15-20 minutes until golden brown.
9. Whilst the buns are baking, gently melt the sugar & water until the sugar has dissolved & the mixture has become syrupy.
10. Turn out onto a cooling rack & brush the buns with a sugar/water syrup.

# Bacon, Bean & Herb Salad



## Ingredients

6 rashers unsmoked dry cured back bacon  
 225g green beans  
 400g canned mixed beans (drained weight)  
 50g canned lentils (drained weight)  
 4 sundried tomatoes  
 1 tbsp spoon parsley  
 1 tbsp spoon dill  
 1 tbsp spoon mint  
 1 tbsp spoon chives  
 150g mozzarella cheese

3 tbsp spoon olive oil  
 1 tbsp spoon lemon juice  
 (serves 6-8 small portions)

## Method

1. Pre-heat the grill and cook the rashers for 3-5 minutes each side or until cooked. }  
 cool.
2. Top and tail the green beans and boil in a saucepan of boiling water for 5-5 minutes, until just tender.
3. Drain the green beans and set aside to cool.
4. Drain the canned mixed beans and lentils.
5. Prepare the tomatoes and herbs:
  - finely chop the sundried tomatoes;
  - chop the parsley, dill, mint and chives
6. Mix the bacon, green beans, mixed beans, lentils, fresh herbs, torn pieces of cheese well together.
7. Place olive oil, lemon juice and sundried tomato pieces into a jar with a lid and shake well.
8. Drizzle the dressing over the salad and serve.

# Sweet & Sour Carrots



## Ingredients

500g carrots  
1 tbsp cooking oil  
1 tsp ground cumin  
1 teaspoon ground coriander  
1 tbsp honey (or soft brown sugar & 1 tbsp water)  
1 tbsp vinegar  
1 tbsp currants (raisins or sultanas)  
½ tablespoon Thai Fish sauce  
1 tbsp chopped parsley  
1 tsp of corn flour mixed with 1  
tbsp of water

## Method

1. Wash, peel and slice the carrots, put them into a saucepan and cover with water. Put the lid on and turn onto a medium heat and boil for 5 minutes until tender.
2. Put oil in a small pan and gently heat, add cumin and coriander, bubble for 2-3 minutes but do not burn. Add honey (or sugar and water) and stir well until honey is dissolved.
3. Add vinegar to the sauce and stir carefully bringing the mixture to the boil. Boil it for 2-3 minutes stirring continuously. Turn the heat to low and add the fish sauce.
4. Add currants and chopped parsley and mix well. Bring gently to the boil.
5. Pour sauce mixture over the carrots and the cooking water. Mix the corn flour and water to a smooth paste and add to carrots and sauce. Then heat gently to boiling point, stirring all the time. Sprinkle with parsley and serve!

# Roman Flatbread



## Ingredients

500 g flour (400 g all purpose and 100 white)  
1 tsp baking soda  
1 tsp salt  
4 tbsp melted lard  
125-150 ml warm water

## Method

1. Put the flour, baking soda and salt in a bowl.
2. Pour the lard and a bit of water.
3. Gradually add water until you get a thick dough.
4. Knead it for 2-3 minutes until smooth. Place it in a bowl and cover with a towel. Let stand for 30 minutes.
5. Roll out very thinly. Cut out circles with a diameter of 20 centimetres. Bake on both sides of a Teflon pan without oil.