

Non-cook/Take Home to Cook Recipes

Recipe ideas for non-cook/take home food to make in school with minimum specialist equipment but designed with appropriate skills for the age group. (You don't need a food room!)

Where spoon sizes are specified (teaspoon, dessert spoon and tablespoon), the amounts eg 5ml, 10ml, 15ml do not have to be exact. The recipes are not that sensitive!

KS1

Mexican Savoury Cheesecake – serves 2



Equipment; work mat, mixing bowl, fork or whisk, small scissors, cup (to chop in using scissors), container

How to: Mix 2 tbsp (about 50g) plain cottage cheese with 100g (half a 200g pack) soft cheese, 5g chopped chives using scissors, big pinch chilli powder (to taste) and 4 chopped cherry tomatoes using scissors (flesh only) in a bowl – tip into take home 400ml foil cooking container and flatten. Crush 30g (big handful) lightly salted tortilla chips in a bag/your clean hands and cover the top of the cheese mix then refrigerate. You could choose different herbs and add some cooked bacon too.

Extend; Geography – where is Mexico and more about Mexico; Maths- using fractions and estimating; Literacy - taste and texture language.

KS1

Apricot Pudding - serves 2



Equipment

- work mat
- mixing bowl
- kitchen paper
- tin opener
- fork
- container 300-400ml
- table knife
- measuring jug
- teaspoon (tsp)
- tablespoon (tbsp)

How to: Drain tinned apricot halves saving the juice and cut $\frac{1}{3}$ rd of the tin (6 or 7) in half (to make $\frac{1}{4}$'s). Mix 50g soft cheese (which you can estimate from the weight of the whole container) with 100ml natural yoghurt and $\frac{1}{2}$ tsp vanilla extract in the bowl using the fork. Start with a layer of broken Shortcake biscuits at the bottom of the container, 1 or 2 should be enough. Add 1 tbsp of the saved juice from the tin of apricots then a layer of the apricot pieces and then half of the yoghurt mix. Repeat the process of broken biscuits, remaining apricot $\frac{1}{4}$'s and the remaining yoghurt mixture. Cover and chill for at least 30 minutes so the juice softens the biscuits.

Extend; D&T – dairy production – what does milk make?; Maths – fractions and estimating: Geography – climate and crops.

KS2

Italian Tomato Salad – serves 2



Equipment

- work mat
- mixing bowl
- sharp knife
- rolling pin & bag or garlic crusher
- dessert spoon (dsp)

How to: Chop up 2 spring onions, 40-50g roasted peppers (from a jar), 3 salad tomatoes (200g) and 1 crusty roll using the sharp knife, and mix in a bowl. Add a handful of torn fresh basil leaves, 1 crushed clove of garlic and 2 dsp of olive oil and 1 dsp white wine vinegar. Mix well and refrigerate. Will fit in an 800ml take away foil.

Extend; Health and nutrition- 5 a day – food diary; Environment – reducing food waste by using dry bread; The world around us – staple foods in different countries.

KS2

Roly Poly Sandwich – serves 1



Equipment

- work mat
- table knife
- rolling pin
- food film or similar

How to; Cut the crusts off two pieces of medium sliced bread using a table knife then roll each slice flat from a short side with a rolling pin. Spread each slice with a layer of soft cheese (about 15g) then sprinkle with a pinch of pepper, some well drained tinned crushed pineapple (about 15g) and some washed watercress. Roll up from a short side into a sausage and then wrap in film, foil or a food bag and chill for about 30 minutes. You can use flavoured soft cheese and mix and match the sliced bread, using wholemeal, white or seeded for example.

Extend: D&T – design your own; Health and Nutrition – healthy lunches, healthy choices; Literacy – appearance and colour vocabulary

KS3

Vegetable Curry – serves 2



Equipment

- work mat
- mixing bowl
- tin opener
- sharp knife
- teaspoon (tsp)
- tablespoon (tbsp)
- measuring jug
- large foil takeaway container or freezer bag
- small pan if cooking

How to: Dice 1 small onion (100g), chop 3 small waxy potatoes (around 150g) and 50g carrot with the sharp knife and put together with 1 tsp medium curry powder, ½ cup tinned chopped tomatoes, 2 tbsp sultanas, 2 tbsp chopped pineapple and 2 tbsp frozen peas in a large 800ml foil cooking container or a strong freezer bag. Can go home at this stage. Refrigerate until cooking – cook on hob in a pan with a lid with the addition of ¼ cup water and simmer for about 25-30 minutes until the carrots and potatoes are soft or oven bake.

Extend; Environment – the seasons of food production; Geography/History – the movement of food cultures; Science – when is it cooked?