

# **S1 Unit 1 Recipes**

**1. Sandwich and Milk Shake**

**2. Fruit Salad**

**3. Quick Pizza**

**4. Vegetable Soup**

**5. Queen Cakes**

**6. Rock Buns**

# Milkshake

## Ingredients

200ml Cool Milk  
15ml spoon Milkshake Powder

## Equipment

Measuring Jug  
Measuring spoons

## Method

1. Measure the milk into a measuring jug.



2. Add the powder and mix well with the spoon.

3. Pour into the cup and enjoy.



# Sandwich

## Ingredients

2 slices of Bread  
15g Margarine

## Equipment

Chopping Board  
Plate

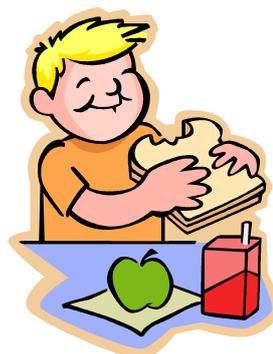
## Suggested Fillings

25g Grated Cheese with 1 Chopped Tomato  
25g Grated Cheese with 1 dessertspoon Sweet Pickle  
1 chopped Egg with 1 dessertspoon Mayonnaise  
¼ tin Tuna Fish with Chopped Tomato



## Method

4. Collect all ingredients
5. Prepare filling as instructed by teacher.
6. Spread margarine on the bread taking care to spread out to the edges.
7. Place the filling on to the bottom slice of bread.
8. Place the other slice of bread on top of the filling.
9. Trim off the edges of the bread using a sharp knife.
10. Cut the sandwich into quarters.
11. Serve the sandwiches with washed cress as a garnish.



# Fruit salad



## Ingredients

125ml Water  
50g Granulated Sugar  
1 teaspoon Lemon Juice  
3 Green Grapes  
1/2 Banana  
1/2 Red Apple  
1/2 Pear

## Equipment

Chopping Board  
Plate  
Measuring Jug  
Small Pot  
Pot Stand  
Paring Knife – **your teacher will give you this later**

## Method

1. Collect the ingredients - sugar and water → pot  
lemon juice → your container  
fruit → plate
2. Bring the sugar and water to the boil. Boil for 5 minutes.
3. Remove pot from heat. Cool. Pour into your serving dish.
4. Prepare the fruit as you were shown by your teacher.

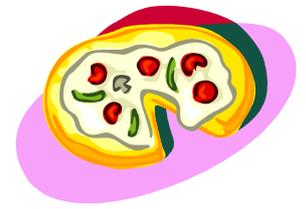
Here is a reminder –

- a) Wash grapes. Cut lengthwise and remove stones.
- b) Wash and core pear, then dice.
- c) Wash and core apple, then dice.
- d) Peel and slice banana thinly.



5. Mix fruit lightly into syrup. It is now ready to eat.

# Quick pizza



## Ingredients

- 1 Pitta Bread/pizza base
- 25g Cheese
- 1 Tomato
- ½ Onion
- 2 x 10ml spoon Tomato Puree

## Equipment

- 1 Chopping Board
- 1 Plate
- 1 Grater
- 1 Baking Tray (between 2)
- 1 Pot Stand ( between 2)
  
- 1 Parking Knife – **your teacher will give you this later**

## Method

1. Set oven at 190°C or gas mark 5.



2. collect all ingredients
  - pizza base on to baking tray
  - tomato, onion and cheese on to plate
  - tomato onto pitta bread

3. Spread tomato puree over pizza base

4. Chop onion. Place on base.

5. Slice tomato. Place on base.



6. Grate cheese. Sprinkle on top of base.



7. Place baking tray in the oven (**remember to use oven gloves**).  
Bake for 15 mins.

All ingredients and equipment are to be collected between 2

## Vegetable soup



### Ingredients

500ml Water  
½ Vegetable Stock Cube  
1 Small onion  
½ Potato  
½ Carrot

### Equipment

Chopping Board  
Measuring Jug  
1 Plate  
Pot with lid  
Grater – **each**

Paring Knife – your teacher will give you **each** this later

### Method

1. Collect ingredients - vegetables on to plate  
stock cube into pot
2. Place water into pot with the stock cube. Bring the water to the boil and then reduce to simmer.

3. Wash and peel the carrot and potato. Grate them into the bowl.



4. Peel and chop the onion. Place in bowl.

5. Remove the stock from the cooker. Add the vegetables and a pinch of salt and pepper.



7. Return the soup to the heat and bring to boil. Reduce the heat to simmer the soup. Put the lid on the pot.

7. Simmer for 15 mins.



# Queen cakes

## Ingredients

50g S.R. Flour  
50g Soft Margarine  
50g Caster Sugar  
1 Egg

## Equipment

Large Bowl  
Small Bowl  
Sieve  
Plate  
Electric whisk ) from  
Bun tin between 2 ) teacher  
6 paper cases )

## Method

1. Set oven – electric 180°C, gas mark 4



2. Collect ingredients - margarine and sugar → large bowl  
flour → sieved onto plate  
egg → small bowl

3. Put 6 paper cases into bun tin.

4. Add the egg and flour to the large bowl.

5. Use the electric whisk to cream the mixture together for 2 minutes (until mixture is soft and creamy).



6. Divide the mixture evenly between the 6 cake cases using a dessertspoon.

8. Using oven gloves, put the tray on to the top shelf in the oven. Bake for 12-15 mins.

9. When the cakes are ready they will be golden in colour and Springy to touch.

Put cakes on your cooling rack.



# Rock buns



## Ingredients

100g SR flour  
37½g margarine  
25g sugar  
40g  
sultanas  
½ egg  
2 x 15ml milk

## Equipment

Large bowl  
Sieve  
2 small bowls  
  
Plate  
Baking tray

## Method

1. Set oven to 200°C or Gas mark 6. Grease baking tray.



2. Collect ingredients	-	flour	→	sieved into bowl
	-	margarine	→	plate
	-	egg, milk	→	small bowl (1)
	-	sultanas, sugar	→	small bowl (2)

3. Cut margarine into 4 pieces and rub into flour until it looks like fine breadcrumbs.

4. Stir in the rest of the ingredients and mix with a knife to form a stiff dough.



5. Place small spoonfuls onto the baking tray.

6. Put tray into oven and bake for 15 minutes.

Remember to use oven gloves

