

S2 Unit 1 Recipes

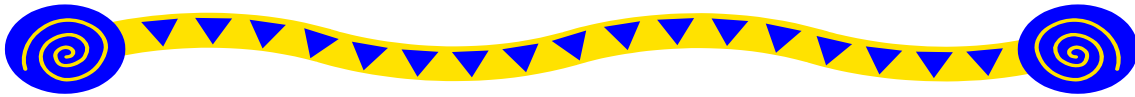
Savoury toasts

Pasta alla Neapolitana

Macaroni cheese

Tuna Risotto

Pasta Salad



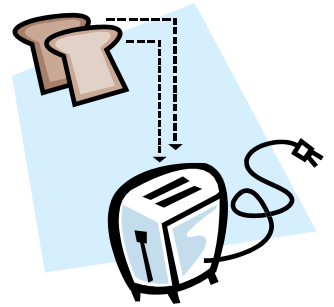
Savoury Toasts

Ingredients

1 roll
25g cheese
½ onion
1 mushroom
1/6 green pepper
1 tinned tomato
Pinch of dried basil
15ml oil

Equipment

Chopping Board
2 Plates
Small bowl
Grater
Pot
Pot stand
Baking tray **(between 2)**



Sharp knife **(your teacher will give you this later)**

Method

Set oven - 200°C/ Gas 6

1) Collect ingredients

roll	→	baking tray
vegetables	→	plate (1)
tomato	→	small bowl
cheese, basil	→	plate (2)
oil	→	pot

2) Chop onion, mushroom and pepper finely. Add to pot.



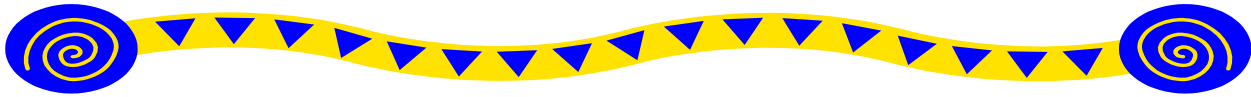
3) Grate cheese, mix with basil.

4) Gently fry vegetables for 2 minutes. Add the tomatoes and simmer for 3 minutes. Season.

5) Put the mixture on top of the 2 pieces of roll

6) Sprinkle cheese over the top. Put on top shelf of the oven. Bake for 5 minutes..





PASTA ALLA NAPOLETANA

Ingredients

15ml Olive Oil
½ Small Onion
1 Mushroom
½ Clove Garlic
2 Tinned Tomatoes
5ml Tomato Puree
Pinch mixed herbs
50g Pasta (Fusili)

Equipment

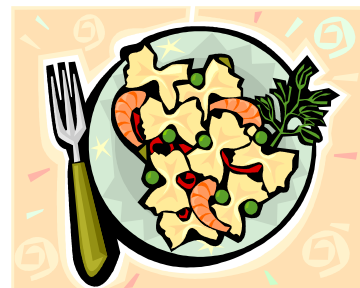
2 Small Bowls
1 Plate
1 Chopping Board
1 small Pot – with lid
1 large Pot (between 2)
1 Pot Stand

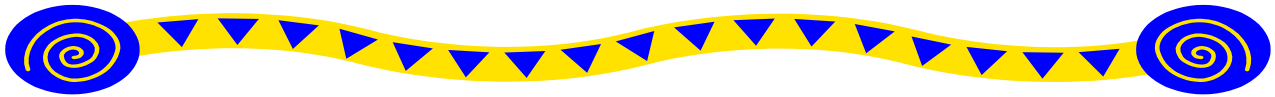


Sharp knife (your teacher will give you this later)

Method

- 1) Collect ingredients
oil → pot with lid
vegetables → plate
tomatoes, tomato → small bowl
puree & herbs
pasta → small bowl
- 2) **Between 2** half fill the large pan with cold water. Bring to the boil.
- 3) Finely chop onion
Slice mushroom
Crush or chop garlic
Place all the vegetables into the small pan with the oil.
- 4) Add pasta to boiling water and boil for 10 minutes.
- 5) **Gently** fry onions, mushrooms and garlic for 2 minutes.
- 6) Roughly chop tomatoes, add to pan. Add seasoning.
- 7) Bring to boil. Reduce heat to **simmer**, put lid on and simmer for 5 minutes.
Tidy up.
- 8) Drain pasta, **divide pasta between 2** and then **each person**, mix pasta into the sauce and serve.





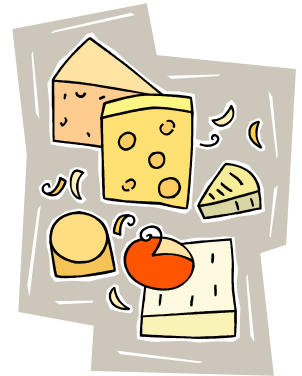
MACARONI CHEESE

Ingredients

75g Wholemeal Macaroni
12½ Margarine (Flora)
15g Flour
200ml Skimmed Milk
50g Low Fat Cheese (Shape)
Lo Salt and Pepper

Equipment

1 small Pot
Pot Stand
Plate
Measuring Jug
Grater
1 sieve (**between 2**)
1 large Pot (**between 2**)



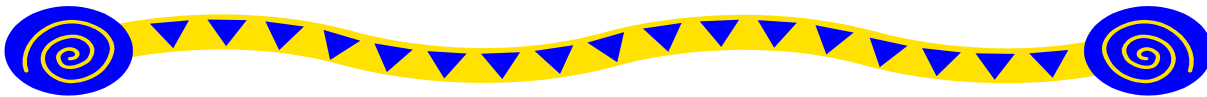
Method

- 1) Collect ingredients
Macaroni → small bowl
Margarine, Flour → small pot
Milk → measuring jug
Cheese → plate
- 2) **Between 2** half fill large pot with cold water and add a pinch of Lo Salt. Place on cooker and bring to the boil. When the water is boiling, add all the macaroni. Cook for 15-20 minutes.



- 3) Grate cheese on to plate.
- 4) Place milk into small pan with margarine and flour.
- 5) Remove from heat and stir in half the cheese and season.
- 6) Drain macaroni, **divide between 2**
- 7) **Each** person, add macaroni to sauce. Mix well.
- 8) Place mixture in ovenproof dish and sprinkle with the rest of the cheese. Brown under a hot grill.

TIP:- To reheat place in oven (Gas 6, 200°C) for 15 minutes approximately. To Microwave place in a non-metallic dish and cook on high for 2½ minutes.



TUNA RISOTTO

Ingredients

15ml Oil
½ Onion
½ Clove Garlic
1 piece Red Pepper
1 Mushroom
1 x 15ml Tuna
½ Stock Cube
Water
50g Rice

Equipment

2 Small Bowls
Plate
Measuring Jug
Chopping Board
Pot with lid
Pot stand
Sharp knife (**your teacher will give you this later**)



Method

1) Collect ingredients

Oil
Vegetables & Stock Cube
Tuna
Rice
Water

→ pot
→ plate
→ small bowl
→ small bowl
→ measuring jug

2) Chop onion finely
Crush or chop garlic
Slice mushroom
Dice pepper



3) **Gently** cook vegetables and garlic in oil for 1 minutes, stirring all the time with a wooden spoon.

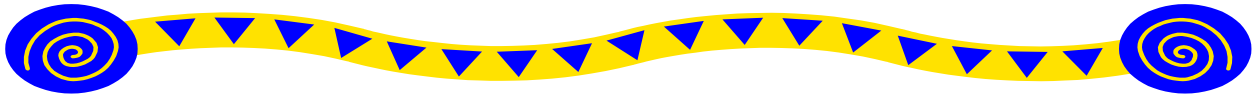
4) Add rice and stir until coated with oil. Add the stock cube and water.

5) Bring to the boil. Reduce heat to **simmer**. Put the lid on the pot.

6) Simmer for 15 minutes until all the liquid is absorbed, stir occasionally – it may be necessary to add some water.



7) Roughly flake the tuna and add 2 minutes before the rice is cooked. Serve.



Pasta Salad

Ingredients

50g pasta
1 small piece cucumber
1 small piece red pepper
1 small piece green pepper
1 spring onion
½ tomato
1 x 15ml spoon sweetcorn
2 x 15ml spoon French dressing

Equipment

large bowl
small bowl
chopping board
plate
sieve – **between 2**
small pan } **between 2**
pan stand }

vegetable knife (your teacher
will give you this later)

Method

1. Collect ingredients: Pasta → small bowl
Sweetcorn, dressing → large bowl
Other vegetables → plate
2. **Between 2** half fill a small pan with cold water. Bring the water to the boil.
3. **Each person** add your pasta to the boiling water and cook pasta for 10-12 minutes until soft.
4. Wash and dice the vegetables.
5. Place the prepared vegetables into the large bowl beside the sweetcorn and the French dressing.
6. Drain the pasta. **Divide between 2. Each person** add the pasta into large bowl and mix together with vegetables.
7. Spoon into your container and serve.

