

**CONTEMPORARY FOOD  
ISSUES  
2018**

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# Bacon and Cheese Muffins



Set oven 180°C or Gas 5

## **Learning Intentions:**

- Work safely and hygienically
- The pupils will be developing their knowledge about farm assured.

## **Success Criteria**

- I can work safely and hygienically
- I can give examples of farm assured products.

# Ingredients:

- 100g SR flour (allergen)
- 5mls mustard Powder (allergen) – optional
- ¼ onion
- 1 rasher smoked bacon
- 100mls milk (allergen)
- 2 tablespoons oil
- 1 egg (allergen)

# Method

1. Collect in a large bowl:
  - 100g SR flour (allergen)
  - 5mls mustard powder (allergen) - optional
  - 1 rasher bacon – snipped into small pieces
2. Dice  $\frac{1}{4}$  onion and add to the large bowl
3. Grate 50g cheese and add to the large bowl.
4. Collect in a jug:
  - 100mls milk (allergen)
  - 2 tablespoons oil
  - 1 egg (allergen)

5. Whisk the ingredients together in the measuring jug with a fork.
6. Stir the dry ingredients together in the large bowl.
7. Add the egg mixture to the large bowl and mixed until all combined.
8. Divide evenly between 6 muffin cases
9. Bake for 15-20 minutes until golden brown and risen

# Contemporary Food Issues

## **Bombay Potatoes**



Focus: Locally sourced



## **Learning Intentions**

- Work safely and hygienically
- The pupils will be developing their knowledge about choosing locally produced foods and foods that are in season.

## **Success criteria**

- I can work safely and hygienically
- I can identify the local/seasonal ingredients in my dish.

# Ingredients

- 1 large potato (local)
  - 1.25ml chilli powder
  - 1.25ml tumeric
  - Pinch salt
  - 15ml oil
- green/ brown chopping board
- Cup
- medium pot

# Method

1. Wash, peel and rewash potatoes.
2. Chop potatoes into even sized pieces.
3. Place potatoes in boiling water and boil for 10-15mins.
4. Drain potatoes in colander.
5. Heat oil in medium pot. Add spices and salt. Fry for 1 min.
6. Add potatoes to pot. Fry for 4 minutes until coated in spices and are crispy.
7. Place lid on pot. Turn to low heat. Cook for a further 5 mins.
8. Place in your container.

# Contemporary Food Issues

## **Carrot and Coriander Soup**



Focus: Organic Foods.

## **Learning Intentions**

- Work safely and hygienically
- The pupils will be developing their knowledge of organic foods.

## **Success criteria**

- I can work safely and hygienically
- I can identify the organic ingredients in my soup.
- I can explain at least 1 advantage and 1 disadvantage of using organic produce.

# Ingredients

- 1 large organic carrot
  - ¼ onion
  - ¼ large organic potato
  - 1 vegetable stock cube (allergen)
  - 500ml boiling water
  - 1.25ml ground coriander
  - 2 sprigs fresh coriander for garnish.
- 
- Green/ Brown chopping board
- Measuring Jug

# Method

1. Wash, peel and rewash carrot and potato.
2. Finely chop onion, grate carrot and potato.
3. Place vegetables and stock into a large pot and place onto a high heat.
4. Bring to boil then simmer for 20mins until vegetables are soft.
5. Using a hand blender – puree until smooth.
6. Place in container and garnish with fresh coriander.

# Contemporary Food Issues

## **Chocolate Filled Cupcakes**



Focus: Fair Trade Foods.



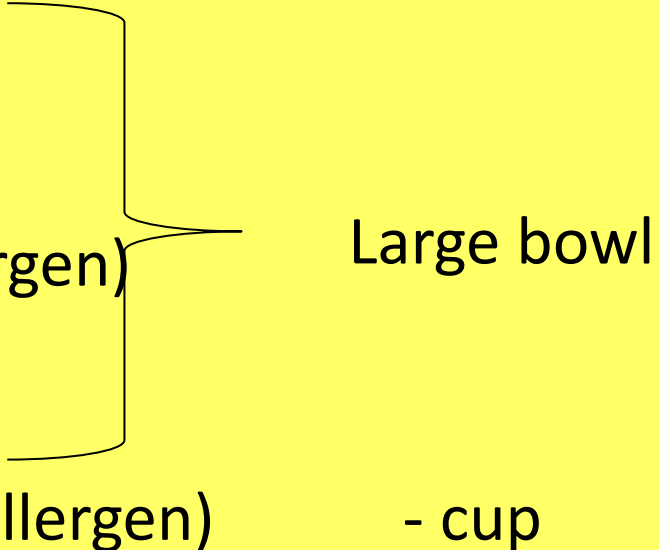
## **Learning Intentions**

- Work safely and hygienically
- The pupils will be developing their knowledge of Fair Trade foods.

## **Success criteria**

- I can work safely and hygienically
- I can identify the Fair Trade ingredients in my product.

# Ingredients

- 50g SR Flour (allergen)
  - 50g FT caster sugar
  - 50g margarine (allergen)
  - 10ml FT cocoa powder (allergen)
  - 1 tbsp milk (allergen)
  - 1 egg (allergen)
  - 30ml FT chocolate spread (allergen)
- Large bowl
- cup
- 

## Specialist Equipment

- 6 muffin cases
- Bun tin

# Method

1. Preheat oven 180°C/ Gas mark 5.
2. Using an electric whisk – whisk together contents of large bowl until light and fluffy.
3. Place a teaspoon of mixture into each muffin case.
4. Divide chocolate spread between 6 cases.
5. Divide the rest of the cake mix between cases.
6. Bake for 15mins until springy to touch.
7. Place in your container.

# Contemporary Food Issues

## **Chocolate twists**



## **Learning Intentions**

- Work safely and hygienically
- To make a scone based dough
- Roll dough evenly to the correct size

## **Success criteria**

- I can work safely and hygienically
- I can make a scone based dough to the correct consistency
- I can roll dough out evenly to correct size

# Method

1. Set oven 180°C/ Gas 5 and line baking tray with greaseproof paper.
2. Rub margarine into flour until it resembles fine breadcrumbs.
3. Gradually add in milk until a soft dough forms.
4. Roll out dough on a floured surface into a large rectangle - approx size of a baking tray.
5. Spread the chocolate spread over one ½ of the rectangle.
6. Fold the plain half over the chocolate to cover the chocolate spread.
7. Cut the dough into 6 strips
8. Twist each strip and place onto the lined baking tray.
9. Bake for 10-15mins until golden brown.
10. Place in your container.

# Contemporary Food Issues

## **Mini Pineapple Upside down cakes**



Focus: Reducing Food Waste.

## **Learning Intentions**

- Work safely and hygienically
- The pupils will be developing their knowledge about how to reduce food waste.

## **Success criteria**

- I can work safely and hygienically
- I can give examples of using leftovers in different food products.



# Ingredients and Equipment

- 50g SR flour (allergen)
  - 50g caster sugar
  - 50g margarine (allergen)
  - 1 egg (allergen)
  - 1 pineapple ring
  - 1 cherry
  - 1 tbsp brown sugar -
- Large Bowl
- Green/ brown board
- Cup
- 

## Specialist equipment:

- 6 muffin cases and bun tin

# Method

1. Preheat oven 180°C/Gas 6
2. Chop pineapple into small even sized pieces.
3. Cut cherry into 6 pieces.
4. Divide pineapple and cherry into 6 muffin cases.
5. Using an electric mixer – whisk ingredients in large bowl until light and fluffy.
6. Divide cake mix between 6 cases on top of pineapple.
7. Bake for 15mins until golden brown and springy to touch.
8. Place in your container.

# Contemporary Food Issues

## Tomato Pasta



Focus: Factors affecting food choice -  
budget and convenience food.

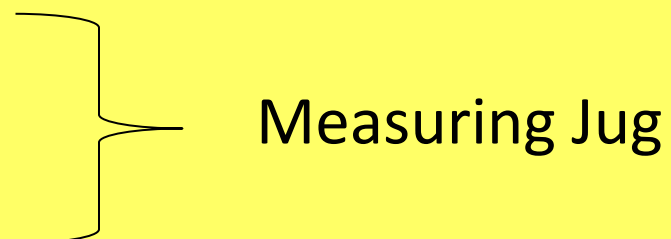
## **Learning Intentions**

- Work safely and hygienically
- To develop a knowledge of extrusion cooked foods
- To develop a knowledge of convenience foods

## **Success criteria**

- I can work safely and hygienically
- I can identify extrusion cooked ingredients
- I can identify convenient ingredients

# Ingredients

- 50g pasta shapes (allergen)
  - 1/8 onion - brown/green chopping board
  - 3 tbsp chopped tomatoes
  - 10ml tomato puree
  - 1.25ml mixed herbs (allergen)
  - 1.25ml garlic powder (allergen) - cup
  - 15ml oil - small pot
- 
- Measuring Jug

# Method

1. Half fill a medium sized pot with hot water and place onto boil on a high heat.
2. Once water is boiling, add pasta and cook for 15mins until al dente.
3. Finely dice onion.
4. Add in onion & oil to a small pan and sauté for 2 mins until soft.
5. Remove from heat and add contents of measuring jug.
6. Place back on heat. Bring to boil then simmer for 5 mins.
7. Meanwhile drain pasta into a colander.
8. Stir pasta into sauce. Season.

