

Food Technology

Food Technology at Nobel is about making food and understanding what makes up our food and how different ways of making (methods) can affect the taste, texture, smell and appearance of the food.

1. Before you start cooking for this week's challenge, please read the safety and hygiene rules below and the cutting methods on page 2.
2. Read the recipe on page 3 to page 5.
3. Please take an action photo of you cooking and one of the final product. Keep your photos safe so I can reward you in September for all your hard work.
4. Happy cooking.

Home Cooking Health and safety

Before you cook:

- ☐ Get **permission**
- ☐ Tie up **hair**
- ☐ Put on an **apron**
- ☐ Wash **hands** thoroughly with soap and water.
- ☐ Wipe down **surfaces** with a damp cloth and anti-bacterial spray
- ☐ Organise your **equipment and ingredients**



While cooking

- ☐ Use **bridge/ claw holds** while using a knife
- ☐ Use **correct hob and oven** temperatures.
- ☐ Don't wander off.
- ☐ Keep your **work space tidy**, put rubbish in the bin.
- ☐ Turn hobs and cookers **off after use**.
- ☐ Wear **oven gloves** for putting trays INTO and OUT OF the oven.
- ☐ Report any cuts, burns and accidents to adults.



While clearing up

- ☐ Do not leave for someone else to do.
- ☐ Turn all **hobs and oven** off after use.
- ☐ Put **rubbish** in the bin
- ☐ Stack up dirty dishes and wash in **hot soapy water** (or the dishwasher). Put everything away clean and dry.
- ☐ Clean the sink and check the **plug hole** for bits of food waste.
- ☐ Wipe down **surfaces** with a damp cloth and anti-bacterial spray.
- ☐ Leave food to cool for maximum 90 minutes before refrigerating.

BE SAFE
Use oven gloves.
Not a tea towel.

BE SAFE
Wash sharp knives carefully.
Do not leave them in the washing up water.



+ First Aid

Minor burns

- cool the burn with cool or lukewarm running water for 20 minutes
- do not use ice or iced water.

Minor cuts

- clean the wound under running tap water
- avoid using antiseptic as it may damage the skin and slow healing
- pat the area dry with a clean towel
- apply a sterile adhesive dressing, such as a plaster

Bridge and claw cutting methods



In Food Technology lessons, we use the bridge method if we can get our hand across the length of the fruit or vegetable e.g., a tomato, potato, apple and pepper. Please watch this clip on the bridge method.

<https://www.youtube.com/watch?v=qNOGCLXfHWY>

If the fruit or vegetable is too long e.g., cucumber and carrot, we use the claw method. Please watch this clip on the claw method.

<https://www.youtube.com/watch?v=wVJUD8SSQRA>

If you can't watch the clips, please read the instructions below on the cutting methods.

Bridge cutting method	Claw cutting method
<ol style="list-style-type: none">1. If you can get your hand across the length of the fruit or vegetable e.g., a tomato, potato, apple and pepper, use this method.2. Place the flattest side on a chopping board.3. Form a bridge with the thumb and index finger of one hand and hold the item on the chopping board.4. Hold a small vegetable knife in the other hand and position the blade under the bridge and cut firmly downwards.	<ol style="list-style-type: none">1. If the fruit or vegetable is too long e.g., cucumber and carrot we use this method.2. Place the flattest side on a chopping board.3. Shape the fingers of one hand into a claw shape, tuck the thumb inside the fingers.4. Rest the claw on the item to be sliced.5. Hold the vegetable knife in the other hand, slice the item, moving the clawed fingers along the fruit or vegetable as the cutting continues.
	

Mini Tortilla Quiches

Ingredients

2 large tortilla wraps

4 eggs

25g of vegetables and fruits e.g., sweetcorn, peas, tomatoes, peppers.

25g of cooked meat e.g., chicken, bacon, chorizo or 100g of ham, salami or pepperoni.

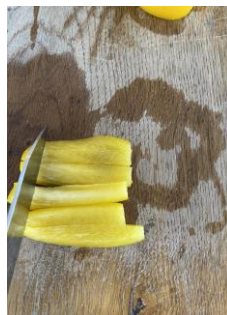
50g grated, Cheddar cheese.

Method

1. Hair tied back, if relevant. Wash hands, apron on.
2. Wipe down your surfaces with a dishcloth.
3. Put the oven on at 160 C, gas mark 4. Watch the videos on the cutting methods of bridge and claw if you are using vegetables and fruits in your quiches. **We use the bridge method if we can get our hand across the length of the fruit or vegetable e.g., a tomato.** <https://www.youtube.com/watch?v=qNOGCLXfHWY> If the fruit or vegetable is too long e.g., cucumber, we use the claw method. <https://www.youtube.com/watch?v=wVJUD8SSQRA>
4. Prepare your vegetables, fruits and meat. Don't forget to wash your peppers and tomatoes if using them.



5. If using peppers, please dice (make into cubes). I had already used the bottom of my pepper so I cut one slice from the side as you only need a little for this recipe. Tomatoes, just need slicing. Meat can be diced but chicken slice thinly. Grate cheese using the largest hole on the grater.



Grating cheese.



Slicing tomatoes by the bridge method.



Dicing pepperoni by the bridge method.



6. Use a 10cm in diameter cutter or mug or plate to cut out 4 circles from each wrap.



7. Put the wrap circles in a cup cake or muffin tin by pushing them into each circle.



8. Add some of the chop vegetables and meat if using to each circle, approx a tspn (small spoonful).
9. Top with a little cheese.
10. Put the egg in your hand and place a bowl underneath your hand, see photo below. Tap egg with the edge of a dinner knife or a fork or a spoon, as you are less likely to have egg on your worksurface, if you use this method. Put thumbs in and pull the egg apart. Smell the egg to make sure it does not have a horrid smell. If the end smells horrid, throw it away. Always crack a new egg over an empty bowl or cup, in case one is rotten. You are then only throwing away one egg rather than lots. Wash your hands with soap and water as eggs can contain lots of bacteria (germs).



11. Beat your eggs with a fork. Pour beaten eggs into a measuring jug.



12. Pour eggs into the cases. Then arrange remaining filling ingredients on top.



13. Put your oven gloves on and pull the shelf half way out of the oven. Put your tray on the shelf and slide the shelf back in the oven. This stops your arms from getting burnt. Cook for 15 to 20 mins or until the quiche is lightly browned and set.



Cooked tortilla quiches

