



Food theme: Italian



Challenge:

Make 2 Italian-inspired savoury dishes

The Dishes

	Possible learning (before cooking)	Outcome	Parameters
1	<ul style="list-style-type: none"> • Safe knife handling • Good hygiene • History of dish • Healthy/balanced diet • Tasting 1 or 2 pre-prepared dishes • Ingredients tasting - including taste combinations • Designing own version of dish 	Vegetable pasta	<ul style="list-style-type: none"> • Pre-cooked pasta provided • Children prepare the sauce • Children prepare the vegetables • Children write the cooking instructions • Children evaluate their Vegetable Pasta
2	<ul style="list-style-type: none"> • Safe knife handling • Dough kneading • Good hygiene • History of dish • Healthy/balanced diet • Tasting 1 or 2 pre-prepared dishes • Ingredients tasting - including taste combinations • Designing own version of dish 	Vegetable pizza	<ul style="list-style-type: none"> • Children make the dough • Children prepare the sauce • Children prepare the toppings • Children write the baking instructions • Children evaluate their Vegetable Pizza

Y3 Vegetable pasta

Ingredients

2 spring onions
4 x 15ml spoon sweetcorn (drained)
1/4 cucumber
200g can mixed beans
1 small can tuna (in water)
200g of cooked bow-tie pasta (farfalle)
1 x 15ml spoon reduced fat dressing
A few sprigs of fresh coriander

Complexity: low-medium



Equipment

Chopping board, kitchen scissors, measuring spoons, table knife, can opener, sieve, small basin, fork, mixing bowl, wooden spoon.

Method

1. Prepare the vegetables:
 - snip the spring onions, using scissors;
 - measure the sweetcorn;
 - chop the cucumber into small pieces;
 - open, drain and rinse the beans in a sieve over the sink.
2. Carefully open and drain the tuna. Place in a small basin and break up gently with a fork.
3. Place the vegetables, beans, tuna and pasta in a large mixing bowl.
4. Pour over the dressing.
5. Stir everything together.
6. Snip coriander over the salad, using scissors.
7. Serve.

Top tips

- Use different vegetables or fruit, e.g. French beans, mango.
- Add strips of cooked chicken, ham or beef.

Food skills

- Weigh.
- Measure.
- Snip.
- Chop.
- Drain.
- Stir.

Y3 Picturesque pizza

Ingredients

2 x English muffins
4 x 15ml spoons of a tomato sauce*
1 x orange pepper, halved and deseeded
2 x spring onions
2 x 15ml spoons sweetcorn (canned)
1 handful of basil leaves
60g Cheddar cheese, grated

Complexity: low-medium



Equipment

Bread knife, chopping board, 15ml spoon, table knife, kitchen scissors, grater, baking tray, oven gloves, 4 x serving plates.

Method

1. Pre-heat the oven to 200C/gas mark 6.
2. Cut the two muffins in half and rest them on the chopping board. These will be the pizza bases.
3. Add a 15ml spoon of sauce to each pizza base. Spread it evenly over the base with the table knife.
4. Use the scissors to cut the pepper into strips. Cut each strip into small pieces and arrange it over the four pizza bases.
5. Snip the spring onions into small pieces and add to the bases.
6. Add some sweetcorn to each.
7. Tear the basil leaves and arrange on top.
8. Sprinkle the cheese over the four pizzas.
9. Place the pizzas on the baking tray. Use oven gloves to place the baking tray in the oven.
10. Cook for a 7-10 minutes until the cheese bubbles and browns.
11. Remove from the oven using the oven gloves and serve.

Top tips

- Try different vegetable toppings such as sliced mushrooms, chopped cherry tomatoes, sliced courgettes, canned tuna or cooked ham.
- Try different bread such, as slices of baguette, thins, pitta or crumpets.
- Serve with a colorful salad.

Food skills

- Cut.
- Spread.
- Snip.
- Bake.

*Tomato sauce – check product labels and select one with the lowest fat, sugars and salt.

Pizza (yeast dough)

Ingredients

500g strong white flour
1 x 5ml spoon salt
1 x 7g packet fast action dried yeast
300ml warm water
1 x 15ml spoon oil

Topping:

1 small jar tomato pizza sauce
A handful of fresh basil
1 x small ball mozzarella cheese

Equipment

Weighing scales, baking trays, mixing bowl, sieve, measuring spoons, measuring jug, flour dredger, rolling pin, spreading knife, sharp knife, chopping board, palette knife.

Method

1. Preheat the oven to 200 °C or gas mark 6.
2. Grease or line two baking trays.
3. Sift together the flour and salt into a mixing bowl.
4. Stir in the yeast.
5. Add the oil and enough warm water to mix into a soft dough.
6. Knead the dough for 5-10 minutes on a lightly floured work surface.
7. Place the dough in a bowl, cover and allow to prove for 20 minutes.
8. Divide the dough in half.
9. Roll out and shape the dough into two round disks.
10. Place the dough bases onto baking trays.
11. Spread the pizza sauce over the base.
12. Slice the mozzarella cheese.
13. Arrange the slices of cheese over the tomato sauce.
14. Chop the basil and sprinkle over the pizza.
15. Place in the oven and bake for 10-15 minutes.

Top tips

- You may wish to make a calzone, which is a folded pizza. Roll and shape the dough into a round disk. Rest half of the dough base on a greased baking tray. Place the sauce, toppings and cheese on half of base (which is on the tray). Brush water around the edge of the circle. Fold over the remaining half to form a semi-circle. Fold back the edges with your fingers and place in a pre-heated oven.
- Try different combinations of toppings, including plenty of vegetables, e.g. spinach, peppers, tomatoes, mushrooms, onion.

Food skills

- Weigh.
- Measure.
- Stir and mix.
- Knead.
- Prove.
- Divide.
- Roll out.
- Spread.
- Chop and slice.
- Decorate.
- Bake.

Complexity: medium



Potato crusted pizza

Ingredients

400g large potatoes
150g broccoli florets
175g self-raising flour
1 x 5ml spoon baking powder
2 x 5ml spoon mixed dried herbs
150ml semi-skimmed milk
2 x 15ml spoon tomato purée
2 tomatoes
50g smoked flavour cheese

Complexity: medium



Equipment

Weighing scales, knife, 2 saucepans, colander, bowl, potato masher, sieve, 5ml spoon, measuring jug, wooden spoon, flour dredger, baking sheet, 15ml spoon, grater.

Method

1. Pre-heat the oven to 225°C (425°F) or gas mark 7.
2. Prepare the ingredients:
 - peel and cut the potatoes into even sized pieces;
 - slice the tomatoes;
 - grate the cheese.
3. Boil the potatoes for 15 minutes until tender. Drain and allow to cool, then mash.
4. Meanwhile, cook the broccoli florets in a small pan of water for 3 minutes, drain and set aside.
5. Sift the flour and baking powder into a bowl, add the potato and herbs and stir to combine. Add the milk and mix to form a soft dough. Turn onto a lightly floured surface and knead lightly to form into a smooth ball.
6. Place on a greased baking sheet. Press out evenly to a 23cm round. Put into the oven to bake for 10 minutes. Remove the pizza base and lower the temperature of the oven to 200°C (400°F) or gas mark 6.
7. Spread the tomato purée over the surface; arrange the tomatoes on top then scatter over the broccoli. Finally add the cheese then bake in the oven for a further 8-10 minutes, until the cheese has melted and the edge of the base is crisp.

Top tips

- Use a cutter to make mini, bite sized pizzas.
- Use different ingredients such as olives and thinly sliced red onion.

Food skills

- Weigh.
- Measure.
- Peel.
- Cut and slice.
- Grate.
- Boil and simmer.
- Drain.
- Mash.
- Mix.
- Knead.
- Spread.
- Decorate.
- Bake.