



## Food Technology Y6 Transition Dish

Hi there,



I'm Miss Brown and I will be your Food Technology (cooking) teacher during your time at KNBS. I aim to teach each of you a variety of cooking skills which can be used in multiple dishes and recipes. You will be given the opportunity to cook different recipes, and, as you go through key Stage 3, you will be able to adapt and create recipes of your own.

The dish below is a taster for the type of recipes that we cook at Key Stage 3, and I hope that you, along with your family, enjoy cooking this dish at home. If you are unable to cook, have a go at designing and drawing a family-friendly evening meal of your own choice. You can send photos of your cooking or designed dish into KNBS for me to have a look at, if you want to.

### Spaghetti and Meatballs with tomato sauce

Ingredients		
<p><b>For the meatballs</b></p> <ul style="list-style-type: none"> <li>- 400g good quality minced meat</li> <li>- 1 small onion</li> <li>- 1 carrot</li> <li>- 1 tbsp (tablespoon) dried oregano (or mixed herbs)</li> <li>- 1 medium egg</li> <li>- 1 tbsp (tablespoon) olive oil</li> <li>- 50g grated cheese (if you wish)</li> </ul>	<p><b>Vegetarian meatballs</b></p> <ul style="list-style-type: none"> <li>- 400g tin red kidney beans (drained and mashed up)</li> <li>- 1 small onion</li> <li>- 1 carrot</li> <li>- 1 tbsp (tablespoon) dried oregano (or mixed herbs)</li> <li>- 1 medium egg</li> <li>- 1 tbsp (tablespoon) tomato puree</li> <li>- 15g ground almonds (optional)</li> <li>- 1 tbsp (tablespoon) olive oil</li> </ul>	<p><b>For the sauce</b></p> <ul style="list-style-type: none"> <li>- 1 tbsp (tablespoon) oil</li> <li>- 1 onion</li> <li>- 1 carrot</li> <li>- 1 courgette</li> <li>- 2 red peppers</li> <li>- 3 cloves of garlic</li> <li>- 1 tbsp (tablespoon) tomato puree</li> <li>- ½ tsp (teaspoon) sugar</li> <li>- 2x 400g tins of chopped tomatoes</li> <li>- salt and pepper</li> </ul>
<p>To serve: cooked spaghetti/pasta (enough for your family)</p>		
<p><b>Adaptations:</b></p> <ul style="list-style-type: none"> <li>- If using Quorn mince, add some mashed kidney beans to the mixture to help stick it together.</li> <li>- You can change the vegetables, both in the meatballs and tomato sauce, to include your family favourites.</li> <li>- You don't need to use an egg to bind the meatballs - it will stick without - but they are more delicate so be careful later on in the cooking process; baking is better than frying this way</li> <li>- Make your meatballs ½ and ½ with minced beef and sausage meat.</li> </ul>		<p><b>Equipment:</b></p> <ul style="list-style-type: none"> <li>Cheese grater</li> <li>Sharp knife</li> <li>Chopping board</li> <li>Frying pan</li> <li>2x large saucepan</li> <li>Food processor/hand blender</li> <li>Wooden spoon x2</li> <li>Baking tray</li> <li>Mixing bowl</li> </ul>



## Method

1. For the meatballs: coarsely grate the onion and finely grate the carrot. Tip these vegetables in a bowl. While you have the grater out, grate the cheese (if using), other vegetables and garlic for the sauce, and set aside.
2. Add all the meatball ingredients (except the oil) to the bowl with the carrot and onion, and season with salt and pepper.
3. Using your hands, squish together all the ingredients until it is completely mixed.
4. Roll the meatball mix into ping-pong sized balls, then place them on a tray. This mix should make 40 balls. Cover the meatballs with cling-film and chill in the fridge for twenty minutes. Always remember to wash your hands after touching raw meat and have a little tidy up.
5. For the sauce: firstly, cut off the tops and bottoms of the red peppers and remove the seeds. Cut the peppers in half and then into even chunks.
6. Heat the oil in a large saucepan. Add the vegetables and garlic and cook on a medium heat for five minutes. Stir in the tomato purée and sugar, leave for one minute then tip in the tomatoes and simmer for five minutes.
7. Blitz the sauce with a hand blender or food processor - blitz in batches, do not overfill the food processor so it doesn't overflow (you can decide the texture of the sauce – super smooth or chunky, blend less for chunky and more for smooth). Return the sauce to the saucepan and simmer on a low heat while you cook the meatballs.
8. In a frying pan, brown the meatballs in the oil on all sides then put them into the sauce, working in batches if necessary. Simmer the meatballs in the sauce for fifteen minutes, gently stirring until they are cooked through.
9. If you would rather - place meatballs on a baking tray with a drizzle of oil and bake for fifteen-twenty minutes. (Quorn and bean meatballs are more delicate so might fall apart in the sauce – it might be best to bake these then place on top at the end).
10. It is ready to eat now, or cool and freeze in suitable batches for up to six months.
11. Serve with spaghetti or a pasta of your choice, some basil and extra Parmesan on top, if you like.