

# Year 3 Blue Jays

## D.T.

### Spring 2

## Pasta bake



Key Vocabulary	Definition
<b>bake</b>	To cook in the oven until it is ready to eat
<b>cook</b>	To heat food until it is ready to eat, this can be by baking, boiling, or frying
<b>preserve</b>	To make food last longer
<b>raw</b>	Uncooked
<b>recipe</b>	A set of instructions telling you how to prepare and cook food, including a list of ingredients and equipment you will need
<b>savoury</b>	Something savoury belongs to a category that is salty or spicy rather than sweet
<b>transport</b>	The movement of people or goods from one place to another

### Equipment:

- Scales
- Knife
- Chopping board
- Scissors
- Garlic press
- Wooden spoon
- 2 small bowls for celery, carrots and parmesan
- Peeler
- Tablespoon
- Teaspoon
- Measuring jug
- Rectangular oven dish

### Ingredients

- 1 pepper cut into slices
- 1 courgette
- 2 spring onions
- 2 garlic cloves
- 6 tablespoons of olive oil
- 1 stalk of celery
- 1 carrot
- 200g small pasta
- 1 tin chopped tomatoes.
- Pepper to taste
- 1 teaspoon of salt
- 300ml warm water
- 50g grated parmesan cheese to sprinkle on top.

### Method (Wash your hands)

#### Chopping the vegetables

1. Place a quarter of the pepper on the chopping board. Using the claw technique cut pieces of pepper which are about 1cm thick.  
Spread the pieces of pepper out in the oven dish.
2. Place the courgette on the chopping board. Using the claw technique cut off the pointed tip of the courgette. Then, holding the courgette at the stalk end cut 'rounds' of courgette which are about 1cm thick.  
Spread the pieces of courgette out in the oven dish.
3. Chop each spring onion into small pieces using scissors. First, cut off any little roots at the white end and throw these away. Next, hold the onion at one end and cut small pieces of the onion at the other end. Spread the pieces of spring onion out in the oven dish.
4. Take a clove of garlic and lie it down on the chopping board. Take the teaspoon and with the back of the teaspoon press down hard on the clove of garlic to squash it slightly. This should break the skin of the clove. Take the skin off the clove of garlic and throw it away.  
Repeat with the other garlic clove.
5. Place the garlic cloves inside the little basket of garlic press. Press the handles together—this will close the press around the garlic clove and squeeze small bits of garlic through the small holes. Add the press garlic to the oven dish, spread out amongst the other vegetables.
6. Drizzle 4 tablespoons of olive oil over the vegetables. With a wooden spoon mix the oil into the vegetables.
7. Ask your teacher to bake the vegetables in the oven for 20 minutes at 180°C.

#### Peeling and cutting the celery and carrot

1. While you are waiting for your vegetables to cook prepare the other vegetables. Lie the stick of celery on the chopping board and using the claw technique cut off the thicker end. Then, still using the claw technique and holding the celery by the leafy end cut pieces of celery which are about 1cm thick. Place the celery in a small bowl.
2. Lie the carrot on your chopping board. Holding the carrot at the thick end peel the skin off the carrot. Remember to peel away from you and don't get too close to your fingers with the peeler. Throw away the peel.
3. Lie the carrot on the chopping board and using the claw technique cut off the thin end. Then, still using the claw technique and holding the carrot by the thick end cut 'rounds' of carrot which are about 1cm thick. Place with the celery in a small bowl.

#### Assembling the pasta bake

1. Once the cooked vegetables are cool add the rest of the ingredients to them. Start by tipping in the carrots and celery you have already chopped. Stir the vegetables around with your wooden spoon so these are mixed together.
2. Next, add the pasta, a tin of chopped tomatoes, 5 screws of pepper, a teaspoon of salt and 2 more tablespoons of olive oil. Stir everything together.
3. Finally pour in 300ml of warm water over the vegetables and pasta and sprinkle on top with the parmesan cheese.
4. Bake the pasta in the oven at 180°C for a further 30 minutes.
5. Clear up while you wait for the pasta bake to cook!