

Year 3 Magpies

D.T.

Spring 2

Pasta bake



Claw technique



Using the claw technique helps by keeping your fingertips tucked away, you minimize the risk of accidental cuts. The combination of the proper grip and the claw shape of your fingers acts as a shield, protecting your precious digits from harm while you effortlessly manoeuvre the knife.

Wash your hands!



Key Vocabulary	Definition
bake	To cook in the oven until it is ready to eat
cook	To heat food until it is ready to eat, this can be by baking, boiling, or frying
preserve	To make food last longer
raw	Uncooked
recipe	A set of instructions telling you how to prepare and cook food, including a list of ingredients and equipment you will need
savoury	Something savoury belongs to a category that is salty or spicy rather than sweet
transport	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
- Mushrooms
- 2 spring onions
- 2 garlic cloves
- 6 tablespoons of olive oil
- 200g small pasta
- 1 tin chopped tomatoes.
- Pepper to taste
- 1 teaspoon of salt
- 300ml warm water
- 50g grated parmesan cheese

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. Remove the stalk from the mushroom. Place the mushroom on the chopping board. Using the claw technique cut the mushroom into slices. Then spread the pieces of mushrooms 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.

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!