

Non ICT Picture One Delicious Chicken Burgers

Book: Annabel Karmel's Favourite Family Recipes Edbury Press



NON ICT Picture Two Breadcrumbs

Magazine: You are What you Eat Issue 21 July 2006



NON ICT Picture Three

Leaflet: Government Healthy Eating Facts Dec 2005



NON ICT Text One: Delicious Chicken Burgers

2 oz leek, finely chopped
1 onion, finely chopped
6 oz carrot, grated
6 oz courgette, grated
2 breasts chicken, chopped
1 apple, grated
1 chicken stock cube, finely crumbled
1 tbsp parsley, finely chopped
salt and pepper
6 oz white breadcrumbs

Coating

* flour
2 eggs
seasoned breadcrumbs
vegetable oil for frying

Saute the leek, onion and carrot in 1 ½ tbsp vegetable oil for 3 minutes, then put all the ingredients apart from the breadcrumbs in a food processor and chop for a few seconds. Stir in the breadcrumbs and season with a little salt and pepper.

Using your hands, form into burgers.

Coat the burgers in flour, then egg, then seasoned breadcrumbs and sauté in vegetable oil until golden and cooked through.

ICT Picture One – Happy Family

<http://www.miketaylor.org.uk/>



ICT Picture Two Family dining

<http://preschoolerstoday.com>



ICT Picture Three Salmon Mousse Starter

<http://www.eleganteating.com>



ICT picture Four – Food Processor

<http://static.howstuffworks.com>



ICT Picture Five Fruit Pizza

<http://www.dreamstime.com>



ICT Picture Six: Fruit Pizza

www.gatewaytosedona.com



A Person

Kettlethorpe high school

centre number: 38240

ICT Picture Seven Asda Logo

www.countonwis.com



Text One: Slippery Salmon mousse Starter

<http://www.eleganteating.com>

Ingredients

275g (10oz.) salmon fillet, boned and skinned (uncooked)
1 tsp. wholegrain mustard
1 tblsp. mayonnaise
salt and pepper
1 lemon, juice only
2 tblsp. chives, chopped
4 slices of smoked salmon
1 cucumber thinly sliced

Whizz the salmon in a food processor, stir in mustard and mayonnaise. Season well and add lemon juice and chives.

2. Line a salmon shaped tin with slices of cucumber
3. Spoon in the salmon mixture, smooth and cover with the edges of the smoked salmon and then cling film.
4. Refrigerate until needed.
5. Turn out onto slices of radish to make the fins

ICT Text Two

www.gatewaytosedona.com

1 (18-ounce) package refrigerated biscuit mixture
1 (8-ounce) package cream cheese, room temperature
1/3 cup sugar
1/2 teaspoon vanilla extract or other flavouring (almond, orange, or lemon)
Fresh blueberries, banana slices, mandarin orange sections, seedless grapes, strawberry halves, kiwifruit (or any other fruit you want), well drained
1/2 cup orange, peach, or apricot preserves
1 tablespoon water

Preheat oven to 375 degrees F. Line an

Un-greased 14-inch pizza pan with cookie dough cut in 1/8-inch slices, overlapping slightly. Bake 12 minutes or until light brown; remove from oven and cool on a wire rack.

In a medium bowl, combine cream cheese, sugar, and vanilla extract or other flavouring; spread over cookie crust. Arrange fruit over cream cheese layer in any design you want (use your imagination).

In a small saucepan over very low heat, make a glaze by heating preserves and water. Brush glaze over fruit, making sure to cover the fruit that will turn dark. Refrigerate until ready to serve.