

Year 5 Autumn Food Technology – linked to the Make Do And Mend topic.



Beef & bean hotpot

By [Good Food team](#)

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Prep: 15 mins Easy Serves 8
Cook: 45 mins

A hearty one pot meal to satisfy the whole family

Ingredients

750g [lean minced beef](#)

1 [beef](#) stock cube

2 [large onions](#) , roughly chopped

450g [carrots](#) , peeled and thickly sliced

1.25kg/2lb 12oz potato , peeled and cut into large chunks

2g cans baked beans

Worcestershire sauce or Tabasco sauce , to taste

[large handful of parsley](#) , roughly chopped

Method

STEP 1

Heat a large non-stick pan, add the beef then fry over a medium-high heat until browned, stirring often and breaking up any lumps with a spoon. Crumble in the stock cube and mix well.

STEP 2

Add the vegetables, stir to mix with the beef and pour in enough boiling water (about 1.3 litres) to cover. Bring to the boil, then lower the heat and stir well. Cover the pan and simmer gently for about 30 mins or until the vegetables are tender.

STEP 3

Tip in the baked beans, sprinkle with Worcestershire sauce or Tabasco to taste, stir well and heat through. Taste for seasoning and sprinkle with parsley. Serve with extra Worcestershire sauce or Tabasco, for those who like a peppery hot taste.

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Chicken & mushroom hot-pot

By [Good Food team](#)

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Prep: 35 mins Easy Serves 4
Cook: 25 mins

Get the kids in the kitchen to help use up leftover cooked chicken in this hearty pie topped with slices of potato

Ingredients

50g [butter](#) or margarine, plus extra for greasing

1 [onion](#), chopped

100g [button mushrooms](#), sliced

40g [plain flour](#)

1 chicken stock cube or 500ml fresh chicken stock

pinch of [nutmeg](#)

pinch of [mustard powder](#)

250g [cooked chicken](#), chopped

2 handfuls [of a mixed pack of sweetcorn](#), peas, broccoli and carrots, or pick your favourites

For the topping

2 large potatoes, sliced into rounds

knob of [butter](#), melted

Method

STEP 1

Heat oven to 200C/180C fan/gas 6. Put the butter in a medium-size saucepan and place over a medium heat. Add the onion and leave to cook for 5 mins, stirring occasionally. Add the mushrooms to the saucepan with the onions.

STEP 2

Once the onion and mushrooms are almost cooked, stir in the flour – this will make a thick paste called a roux. If you are using a stock cube, crumble the cube into the roux now and stir well. Put the roux over a low heat and stir continuously for 2 mins – this will cook the flour and stop the sauce from having a floury taste.

STEP 3

Take the roux off the heat. Slowly add the fresh stock, if using, or pour in 500ml water if you've used a stock cube, stirring all the time. Once all the liquid has been added, season with pepper, a pinch of nutmeg and mustard powder. Put the saucepan back onto a medium heat and slowly bring it to the boil, stirring all the time. Once the sauce has thickened, place on a very low heat. Add the cooked chicken and vegetables to the sauce and stir well. Grease a medium-size ovenproof pie dish with a little butter and pour in the chicken and mushroom filling.

STEP 4

Carefully lay the potatoes on top of the hot-pot filling, overlapping them slightly, almost like a pie top.

STEP 5

Brush the potatoes with a little melted butter and cook in the oven for about 35 mins. The hot-pot is ready once the potatoes are cooked and golden brown.