

# Year 3 Autumn Food Technology – linked to the Through The Ages topic.



## Easy white bread

By [Good Food team](#)

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Prep: 20 mins Easy Makes 1 loaf  
Cook: 25 mins – 30 mins  
Plus 2 hours proving

A great recipe for an electric breadmaker – or do it the traditional way

### Ingredients

500g [strong white flour](#), plus extra for dusting

2 tsp salt

7g sachet [fast-action yeast](#)

3 tbsp [olive oil](#)

300ml water

### Method

#### STEP 1

Mix 500g strong white flour, 2 tsp salt and a 7g sachet of fast-action yeast in a large [bowl](#).

#### STEP 2

Make a well in the centre, then add 3 tbsp olive oil and 300ml water, and mix well. If the dough seems a little stiff, add another 1-2 tbsp water and mix well.

#### STEP 3

Tip onto a lightly floured work surface and knead for around 10 mins.

#### STEP 4

Once the dough is satin-smooth, place it in a lightly oiled bowl and cover with cling film. Leave to rise for 1 hour until doubled in size or place in the fridge overnight.

#### STEP 5

Line a [baking tray](#) with baking parchment. Knock back the dough (punch the air out and pull the dough in on itself) then gently mould the dough into a ball.

#### STEP 6

Place it on the baking parchment to prove for a further hour until doubled in size.

#### STEP 7

Heat oven to 220C/fan 200C/gas 7.

#### STEP 8

Dust the loaf with some extra flour and cut a cross about 6cm long into the top of the loaf with a [sharp knife](#).

#### STEP 9

Bake for 25-30 mins until golden brown and the loaf sounds hollow when tapped underneath. Cool on a [wire rack](#).

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## Spicy roasted parsnip soup

By [Good Food team](#)

★★★★★ 229 ratings [Rate](#) [202 comments](#)

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Prep: 10 mins  
Cook: 35 mins

Easy

Serves 4

Aromatic flavours transform the ordinary parsnip into a delicious warming soup

### Ingredients

- 2 tbsp [olive oil](#)
- 1 tsp [coriander seeds](#)
- 1 tsp [cumin seeds](#), plus extra to garnish
- ½ tsp [ground turmeric](#)
- ½ tsp mustard seeds
- 1 large [onion](#), cut into 8 chunks
- 2 [garlic cloves](#)
- 675g [parsnips](#), diced
- 2 [plum tomatoes](#), quartered
- 1.2l vegetable stock
- 1 tbsp lemon juice

### Method

#### STEP 1

Heat oven to 220C/fan 200C/gas 7.

#### STEP 2

In a [bowl](#), mix together 2 tbsp olive oil and 1 tsp coriander seeds, 1 tsp cumin seeds, ½ tsp ground turmeric and ½ tsp mustard seeds.

#### STEP 3

Add 1 large onion, cut into 8 chunks, 2 garlic cloves, 675g parsnips, diced, and 2 quartered plum tomatoes and mix well.

#### STEP 4

Spread over a heavy baking sheet, then roast for 30 mins until tender.

#### STEP 5

Spoon into a [food processor](#) or liquidiser with 600ml vegetable stock and process until smooth.

#### STEP 6

Pour into a pan with the remaining 600ml vegetable stock, season, then heat until barely simmering.

#### STEP 7

Remove from the heat and stir in 1 tbsp lemon juice. Garnish with cumin seeds.