

Year 4 Spring Food Technology – linked to the Saxon topic.



Chicken kebabs & beef kebabs

By [Good Food team](#)

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Prep: 20 mins
 Cook: 15 mins
plus marinating

Easy

Serves 4

Make these simple chicken kebabs for a hearty family meal with plenty of flavour.

Ingredients

4 [skinless chicken breasts](#) , cut into
bitesize chunks

2 [red peppers](#) , cut into chunks

1 [red onion](#) , cut into chunks

1 pack of beef steak, cut into chunks

Honey to squeeze over the top

Method

STEP 1

Soak 12 bamboo skewers in cold water – this will prevent them burning when cooking (or use metal skewers). Thread the marinated chicken onto the skewers (discard any remaining marinade), alternating with pieces of pepper and onion. Brush the skewers lightly with oil and season.

STEP 2

Heat the grill to high. Grill the kebabs for 15 minutes, turning every few minutes, until golden and lightly charred. The veg should be tender, and the chicken cooked through, so it easily slides off the skewers.

STEP 3

Repeat the same process but with beef chunks.

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Easy white bread

(Honey bread)

By [Good Food team](#)

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⌚ Prep: 20 mins
Cook: 25 mins – 30 mins
Plus 2 hours proving

👤 Easy

✂ Makes 1 loaf

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

1 tbsp clear honey

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](#).

Glaze with honey before putting it into the oven.