

Year 8 Food Technology
Recipe and ingredients list for your Food Technology lessons

Dear Parents/Carers,

We hope you find the list of recipes and ingredients required for your son/daughter useful. The National Curriculum has placed a big emphasis on students being able to cook a wide repertoire of predominantly savoury dishes to build cooking skills and learn about healthy eating, different user groups and sustainability.

Whilst we cannot guarantee which date your child will cook each dish the recipes will follow the order below and school will sometimes provide some of the ingredients. We do ask that students adhere to the expectations set out by their teacher for storing their ingredients when they get to school for health and safety purposes. **Please could you name label ingredients and containers where possible. Please encourage your child to collect their product at the end of the day, as some products will be disposed of if left.** We hope you enjoy trying the products your son/daughter has made, the recipes are designed so that you may personalise them and the teacher will discuss the recipes with the students beforehand. This letter is available on the school website along with the schools allergy policy.

Product	Ingredients	<u>Optional extras</u>
Stir fry	1 small onion 2 garlic clove 4 mushrooms 1 carrot or 6 mini sweetcorn 4 broccoli florets or handful of mangetout or ½ red pepper 1 chicken breast / 1 pork tenderloin / quorn pieces / 1 pack of prawns 1 tablespoon of soy sauce - provided by school 1 teaspoon Chinese five spice – provided by school 1 tablespoon sweet chilli sauce – provided by school 1 tbsp of oil - provided by school Container from home	Remove meat if vegetarian or vegan or substitute to suit your dietary requirements
Cereal Bar Follows on from students learning about energy needs	130g butter or margarine 75g flavours of choice chocolate chips, apple, cinnamon, banana, cherries or raspberries for example 75g sugar 100g self-raising flour 100g oats Container from home	Handful of nuts or seeds.
Bread in pairs	School will provide all of these ingredients	
Flavoured bread Follows on from learning about functions of ingredients	200g strong bread flour 1 sachet yeast 1tsp salt & sugar - Provided by school 150ml warm water – Provided by school 1tbsp oil – Provided by school Container from home	Up to 75g extra ingredients based on their design. Cheese, Herbs, Garlic butter, tomatoes, olives or dried fruit for example.
Pizza	200g strong bread flour 1 sachet yeast 75g cheese or 1 mozzarella ball SEE OTHER SIDE OF PAGE	You can flavour your pizza base with herbs / spices if you wish.

	<p>3 tablespoons of tomato base (puree/passata/chopped tomatoes) Your choice of up to 3 toppings Container needed. 1tsp salt & sugar - Provided by school 150ml warm water – Provided by school 1tbsp oil – Provided by school Container from home</p>	<p>Pesto/Barbeque sauce is an alternative to a tomato base.</p>
<p>Enchiladas</p>	<p>½ onion ½ pepper 30 g cheese 150g beef mince (vegetarian alternative e.g. Quorn if you wish) Small tin of tomatoes or carton passata Small tin of red kidney beans 4 large flour tortillas or 6 small tortillas 1 clove of garlic olive oil – provided by school 1 teaspoon chilli powder – provided by school 1 teaspoon tomato purée – provided by school Container from home</p>	<p>Fresh chilli if you like more heat.</p> <p>Other vegetables you could add or use instead of meat–mushrooms, sweetcorn, etc.</p> <p>Switch red kidney beans for black eyes beans or any another equivalent.</p>
<p>Patatas Bravas</p>	<p>3 good sized potatoes (baking potatoes) 1 small onion 1 garlic clove Tin of chopped tomatoes/carton passata Container from home</p>	<p>50g chorizo A fresh or dried chilli if you like heat.</p>
<p>Crispy chicken goujons Follows on from students learning about food waste</p>	<p>2 raw chicken breasts (which must be put in the fridge at school before morning registration) 4-6 slices of bread – ok if stale 2 eggs Container from home</p>	<p>Please ensure that the chicken is reheated until it is piping hot when taken home.</p> <p>Optional 25g parmesan to add to breadcrumbs</p> <p>If vegetarian or vegan use halloumi, 2 courgettes or tofu.</p>
<p>Macaroni Cheese</p>	<p>20g butter or margarine ½ pint milk 125g cheese of your choice 125g macaroni 20g plain flour Container provided by the school</p>	<p>Optional – 50g cooked ham, cooked chicken or a can of tuna Optional – 25g peas, sweetcorn, courgette, broccoli, pepper or mushrooms</p>
<p>Fruit upside down cake Follows on from learning about different cake making methods</p>	<p>2 eggs 85 g butter 75 ml milk 100g fruit of your choice 125 g plain flour 175 g caster sugar 1/2 tsp ground cinnamon – Provided by school 2 1/4 tsp baking powder – Provided by school Container provided by the school.</p>	<p>Fruit choice – pineapple, cherry, strawberry, raspberry, apple and cinnamon, pear, plum, rhubarb for example</p>

<p>Swiss roll Follows on from learning about different cake making methods</p>	<p>3 Eggs Choice of filling e.g. lemon curd, jam or nutella Container from home 125g self-raising flour 125g sugar 1tbsp warm water – Provided by school Container from home</p>	<p>Zest of fruit for the cake for example lemon, lime or orange.</p>
<p>Jamaican beef patties Follows on from learning about diversity in the food industry</p>	<p>1 Onion 1 Pepper 250g beef mince or Quorn mince 1 clove of garlic 1 beef or vegetable stock cube 1 packet readymade shortcrust pastry 2 tsp Garam Masala – provided by school 1 tsp Paprika – provided by school 1 tsp Turmeric – provided by school 1 tsp Salt – provided by school 1 tbsp oil – provided by school Container from home</p>	<p>1 Fresh chilli If vegetarian or vegan then you can change the beef mince to quorn or use extra vegetables like small diced potato or carrot</p>