

Year 9 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 child useful. The National Curriculum has placed a big emphasis on pupils 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 ask that all students have their own container from home which can be used every practical lesson to transport their product home. **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 products will be disposed of if left.** We hope you enjoy trying the products your child has made, the recipes are designed so that you may personalise them and the teacher will discuss the recipes with the pupils beforehand. This letter is available on the school website along with the school's allergy policy.

Product	Ingredients	Optional Inspiration
Chopping skills making Bruschetta	½ red onion 5 cherry tomatoes or 1 large tomato 1 garlic clove fresh basil – provided by school 15ml (1 tablespoon) balsamic vinegar – provided by school 15ml (1 tablespoon) oil – provided by school 2 slices of crusty bread – provided by school Container from home	1 small red chilli
Spaghetti Bolognese	250g minced beef/lamb/pork/turkey or Quorn alternative 1 onion 1 carrot Vegetables of your choice 1 garlic clove 1 stock cube 1 x 400g can of tomatoes/passata 1tbsp tomato puree – provided by school 1 tsp dried oregano – provided by school 1tsp basil – provided by school Container from home	2 slices of bacon or 25g pancetta
Pasta bake	1 onion 1 carrot 2 garlic cloves 300g pasta 1 x tin chopped tomatoes 100g cheddar 1 ball of mozzarella 1 stick of celery – provided by school 1 tbsp olive oil – provided by school 2 tbsp balsamic vinegar – provided by school	

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	1 tbsp dried oregano/basil – provided by school	
Sicilian Rustic Bread	125g strong bread flour 1 sachet fast action yeast 1 tbsp olive oil – provided by school 100ml sparkling water – provided by school Semolina for dusting – provided by school Rosemary from the school grounds Sea salt – provided by school Container from home	1 garlic clove