

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 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 do ask that pupils adhere to the expectations set out by their teacher for storing their ingredients when they get to school for health and safety purposes. 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 schools allergy policy.

Product	Ingredients	<u>Optional</u> extras
Chopping skills lesson	1 carrot or 1.2 cucumber 1 onion (this will be frozen to use in the stir fry next week) 2 garlic cloves (this will be frozen to use in the stir fry next week)	
Stir fry Last week they were taught various chopping skills please encourage them to chop vegetables at home and bring in ready chopped.	4 mushrooms - optional 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 pupils 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 seeds. No nuts please
Bread in pairs	School will provide all of these ingredients Small container from home Please turn over	

Flavoured bread Follows on from learning about functions of ingredients	200g strong bread flour Up to 75g extra ingredients based on their design. 1 sachet yeast 1tsp salt & sugar - Provided by school 150ml warm water – Provided by school 1tbsp oil – Provided by school Container from home	
Calzone	250g strong bread flour 1 sachet yeast 100g cheese or 1 mozzarella ball 3 tablespoons of tomato base (puree/passata/chopped tomatoes) 1 garlic clove Your choice of up to 3 toppings 1tsp salt & sugar - Provided by school 150ml warm water – Provided by school 1tbsp oil – Provided by school Container from home	Barbeque sauce is an alternative to a tomato base.
Fajitas	1 onion 1 pepper 1 chicken breast (1 packet of halloumi as vegetarian alternative) 2/3 large flour tortillas OR 6 small tortillas 1 clove of garlic 1 lime olive oil – provided by school 1 tsp smoked paprika – provided by school 1 tsp cumin – provided by school 1 tsp coriander – provided by school Container from home	Red chilli if you like the heat
Cheese and onion triangles	100g plain flour 50g butter 40g cheese 1 spring onion OR ½ onion 1 egg 1 tbsp sweetcorn – provided by school 1 tsp dried herbs – provided by school Cold water – provided by school Container from home	
Crispy chicken goujons Follows on from pupils learning about food waste	2 raw chicken breasts (which must be put in the fridge at school before morning registration) 3 slices of bread – ok if stale 2 eggs Container from home	Please ensure that the chicken is reheated until it is piping hot when taken home. Optional 25g parmesan to add to breadcrumbs If vegetarian or vegan use halloumi, 2 courgettes or tofu.
	Please turn over	

Macaroni Cheese	20g butter or margarine ½ pint milk 125g cheese of your choice 125g macaroni 20g plain flour Container from home	Optional – 50g cooked ham, cooked chicken or a can of tuna Optional – 25g peas, sweetcorn, courgette, broccoli, pepper or mushrooms
Fruit upside down cake Follows on from learning about different cake making methods	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.	Fruit choice – pineapple, cherry, strawberry, raspberry, apple and cinnamon, pear, plum, rhubarb for example
Swiss roll Follows on from learning about different cake making methods	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	Zest of fruit for the cake for example lemon, lime or orange.