

Year 9 Food Technology Rotation 2

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 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. 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 pupils beforehand. This letter is available on the school website along with the schools allergy policy.

Product	Ingredients	Optional Inspiration
Egg fried rice	125g basmati rice 1 small onion 2 eggs 1 spring onion Soy sauce – provided by school 1 tbsp olive oil – provided by school Container from home	25g peas 3 mushrooms 25g sweetcorn ½ pepper
Chow Mein	<u>For the noodles</u> Your choice of vegetables e.g.1 pepper, 5 mushrooms, handful mange tout, handful baby corn, chunk of courgette for example 4 spring onions 1 chicken breast/vegetarian alternative 3 nests of noodles <u>For the sauce</u> 1 Garlic clove Small piece of ginger 2 tablespoons soy sauce – provided by school 1 tablespoon sweet chilli sauce – provided by school ½ teaspoon Chinese 5 spice – provided by school Container from home	2 handfuls of bean sprouts

Curry	1 onion 2 large tomatoes Thumb sized piece of ginger 2 cloves of garlic 1 stock cube (chicken or veg) 1 small carton of single/double cream 1 red pepper and/or 1 courgette 1 can of chickpeas 1 teaspoon of turmeric – provided by school 1 tablespoon of garam masala – provided by school 1 tablespoon of tomato puree – provided by school 2 teaspoons of sugar – provided by school Container from home	You could also add a tin of potatoes – which sounds strange – but they have a waxy texture and work well in this dish. You could also add spinach at the end.
Own choice cultural dish	Students are being tasked with planning their own choice cultural dish. The lesson before they will plan this and come home with what ingredients they need. They will need to think about a dish (if needed) to cook it in and how they will get it home (container). They must consider the dish taking no longer than 60 minutes to prepare and cook.	

Top tips on serving rice safely

Cool rice as quickly as possible

Keep rice in the fridge for no more than one day before reheating

When you reheat any rice, always check that the dish is steaming hot all the way through

Do not reheat rice more than once