

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 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
Risotto	½ onion 50g bacon - optional 150g risotto rice 1 vegetable stock cube 50g frozen peas 2tbsp oil – provided by school Container from home	25g Parmesan 2 mushrooms Head of broccoli ½ pepper 1 clove garlic
Basic Ragu This will be frozen in school until the following week	1 onion 1 carrot 1 garlic clove 1tbsp tomato puree 1 x 400g can of tomatoes 1tbsp oil – provided by school 1tsp basil – provided by school Container from home	Chilli powder 1 pepper 3 mushrooms
Pasta The pasta will be combined with their ragu sauce from last week	1 egg 00 Flour – provided by school Salt - provided by school	Dried herbs or chilli in their pasta
Carbonara	100g spaghetti 1 tsp olive oil – provided by school 75g cooked ham - optional 1 garlic clove 1 egg 75ml double cream 50g parmesan	50g peas 50g sweetcorn Small head of broccoli 1 onion

