

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 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	<u>Optional</u> extras
Hydrating Drink	Pupils will work in groups to design a low sugar hydrating drink whilst learning about the negatives of energy drinks. Pupils will be asked to bring in their own ingredients. Pupils will also need a flask or bottle to take their drink home in.	
Macaroni Cheese	20g butter or margarine ½ pint milk 125g cheese of your choice Foil container – Provided by school 125g macaroni – Provided by school 20g plain flour – Provided by school Container provided by the school	Optional – 50g cooked ham, cooked chicken or a can of tuna Optional – 25g peas, sweetcorn, courgette, broccoli, pepper or mushrooms
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 – Provided by school 100g self-raising flour – Provided by school 100g oats – Provided by school 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 3 tablespoons of tomato base (puree/passata/chopped tomatoes)	You can flavour your pizza base with herbs / spices if you wish.

	<p>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</p>	<p>Pesto/Barbeque sauce is an alternative to a tomato base.</p>
<p>Mexican Bean Tortilla</p>	<p>½ onion ½ pepper 30 g cheese 200g tin of tomatoes or carton passata 200g tin of red kidney beans 2 large flour 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. Other vegetables – mushrooms, sweetcorn, etc. 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>Bread and butter pudding Follows on from pupils learning about food waste</p>	<p>30g butter or margarine 10 slices bread 175ml milk 60ml double cream 1 egg 30g sugar – Provided by school 1 tsp cinnamon – Provided by school Container provided by the school.</p>	<p>You may add flavours such as orange or add ingredients like marmalade. 100g dried fruit or chocolate chips Brioche or hot cross buns instead of bread</p>
<p>Fruit surprise Follows on from learning about different cake making methods</p>	<p>2 eggs 85 g butter 75 ml milk 125 g plain flour – Provided by school 1/2 tsp ground cinnamon – Provided by school 2 1/4 tsp baking powder – Provided by school 175 g caster sugar – Provided by school Container provided by the school.</p>	<p>100g fruit of your choice for example apples, pears, banana, strawberries or raspberries.</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 – Provided by school 125g sugar – Provided by school 1tbsp warm water – Provided by school</p>	<p>Zest of fruit for the cake for example lemon, lime or orange.</p>
<p>Butterfly cakes Follows on from learning about different cake making methods</p>	<p>1 Egg 50g butter 50g self raising flour – Provided by school 50g sugar – Provided by school ½ tsp baking powder – Provided by school 25g butter 50g icing sugar – Provided by school Container from home</p>	<p>Flavours for the icing such as coffee, lemon, orange or lime for example. Jam or curd for underneath the icing.</p>

