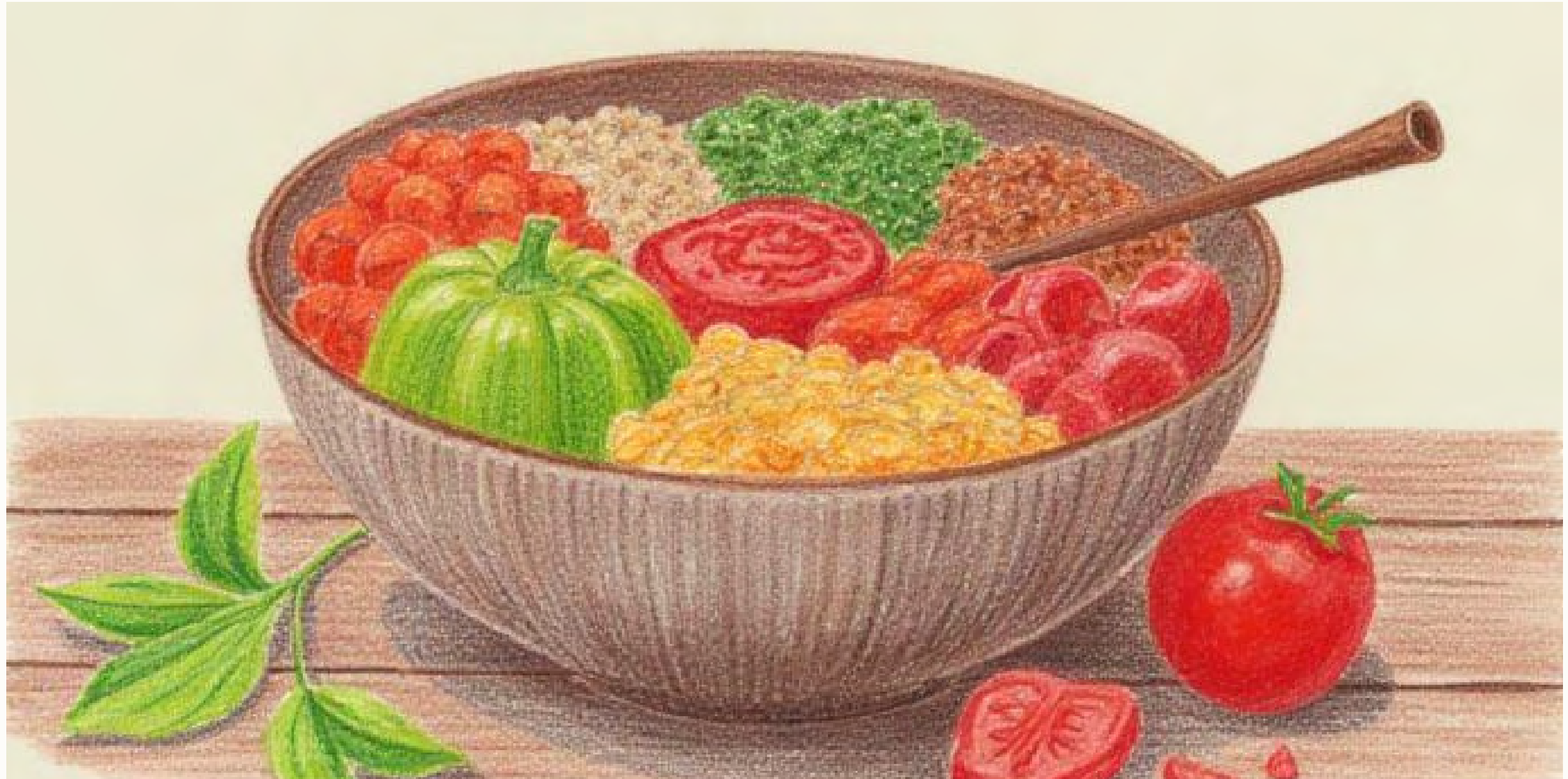


YEAR 9



EQUIPMENT AND INGREDIENTS:

Students will need to bring the following basic equipment each week to their food lesson:

- A clean, dry apron, dishcloth, and a tea towel, plus a suitable container to transport their finished product home.

Please make sure all equipment is clearly labelled, as the food room is a busy place with many dishes being produced each day. Students will access the recipe through the website as part of their homework.

In addition, from time-to-time students will need an ovenproof dish or a heatproof container, which for health and safety reasons will need to fit into a second container for transport home which must not be glass. The second container will require a firm fitting lid, foil/cling film is not adequate as food can easily leak if knocked. Sizes will need to be checked at home to ensure that the hotter container used in the oven fits into the second container.

As part of their learning, students will need to bring ingredients each week that they have weighed accurately at home, and they are encouraged to take part in buying ingredients.

Any special dietary requirements that need alternative ingredients can be discussed with staff. Recipes can be adapted so that practical is always completed.

Students are required to collect their food and equipment on the day of cooking, at the end of the day. This is the students' responsibility and a health and safety requirement.

It is the student's responsibility to check the website if they have been absent or in isolation. Planner comments will be given for not bringing ingredients to practical lessons. If access to the internet is difficult students can use homework club to find the ingredients required.

Please note that due to examinations, school activities and unscheduled school closure the plan for practical lessons could change and students should make a note in their planner where possible. STUDENTS WILL BE COMPLETING A PRACTICAL ONCE EVERY TWO WEEKS ON MOST OCCASIONS.

Bread Rolls

- 250g Strong plain flour
- 1 tsp (7g) fast action yeast
- Pinch of salt and sugar

Water & oil from school.

Toppings:

Poppy seeds,

Sesame seeds

Sunflower seeds,

Garlic butter (2 cloves garlic
and 50g butter)

50g hard cheese

LARGE CONTAINER



Sausage Rolls

- 2 packs of ready-made puff pastry
- 8-12 sausages or vegetarian alternative.
- 1 small pack of stuffing mix
- 1 egg
- Optional: 1 onion.

LARGE CONTAINER



Burgers

- 250g minced beef or alternative
- 1 small onion
- 1 egg
- 1 slice bread
- ½ tsp mustard (school can provide)
- 1 tsp Worcester sauce (school can provide)
- To serve: 4 burger buns, cheese slices, large tomato, lettuce, gherkins

LARGE CONTAINER



Chicken and Leek Pie

- 2 chicken breasts (or vegetarian equivalent)
- 1 leek
- 50g butter or 50ml olive oil*
- 3 large potatoes
- 50ml milk*
- 50g grated cheese
- 25g butter*
- 25g plain flour
- 250ml milk*
- 50g grated cheese
- Please note - 2 amounts of milk needed

LARGE PIE DISH



Cottage or Shepherd's Pie

- 250g minced beef/lamb/alternative
- 1 onion
- 2 to 3 carrots
- 1 beef stock cube
- 3 large potatoes
- 25g butter
- 50ml milk
- 50g grated cheese
- 50g peas
- 1tbsp Worcester sauce

LARGE PIE DISH



Fresh Pasta

- 100g strong plain flour
- 1 egg
- 50 g cheese

School will provide some sauce

LARGE CONTAINER



Fruit Flan

- 75g plain white flour
- 75g caster sugar
- 3 medium eggs
- 2 to 3 fruits from below for the filling: (Strawberries, Raspberries, Blackberries, Kiwis, tinned mandarin)
- 2 x dessertspoons of strawberry jam or custard

LARGE CONTAINER

