



Sale High School

Year 8 Food Technology Recipe Booklet



Some Covid policies (see the next page)

Important Note for Parents

Students must have their ingredients for each lesson. If there are genuine problems please provide a note to Mrs. Chung-Anderson at least 2 lessons before we are scheduled to cook so arrangements can be made for your child to participate in the lesson.

To Parents and Students: A number of procedures are now in place at school based on covid safety guidelines to ensure students can engage in lessons safely.

Covid safety policies requiring your support:

1. Students will need to have their ingredients weighed out and labelled at home. If they can not do this (only in the case of no working scales at home) they must label their bag with their name and year group as well as and a note to indicate ingredients will need weighing then hand to the technician on arrival to school.
2. Some ingredients may need to be prepared at home due to limited time as a result of restrictions. Please check your recipe carefully and do the preparation **indicated in red**.
3. Please do not send in large amounts of ingredients as we will not have time to prepare these. Please follow the recipes provided.
4. Students must collect their practical work at the end of the school day, if they forget they must do so no later than the next day as we can not store forgotten dishes/ingredients for longer than 1 day.
5. Students will now follow a hands up policy when moving around the room to allow for social distancing.

Other

Food hygiene and safety rules will continue to be a priority (see the next page). If you wish to find out what other covid safety procedures are in please visit the schools website under technology. Practical lessons are will be done in year bubbles and shared equipment will be deep cleaned when used between year groups. **If your child has any allergies to food or cleaning solutions please inform us.**

Please note that you may reduce the recipe for your child if you feel this is too much but do not increase the amounts. For example you may halve the recipe. It is also a good idea to buy value line products and shop around for cheaper options. I am aware that it can be difficult to purchase ingredients, but the students enjoy making and are taught hygiene rules so these dishes can be eaten at home with the family, as a meal or part of a meal. Please encourage your child to practise what is learnt at home. **Please weigh ingredients at home.**

Note to Students

All **containers** with ingredients and for taking home finished products must be **clearly labelled with your Name and Form**. **Ingredients must also be taken to the room before registration socially distancing**. **You are responsible for collecting your finished product and containers after pm registration again socially distancing.**

Hygiene and Safety

Use hand sanitizer on entering room 14 where you will leave bags, coats and blazers at your chair.

Always roll up sleeves and wash hands before you begin following hand washing policies.



Always collect wear a clean apron from the designated class set and place this in washing basket after use.



Tie long hair back before entering the Food Tech room.

Fill sink with hot soapy water for washing up. After washing up clear drain and wash your sink.



Pick up vegetable peels that may fall on the floor and place in bin. Report any spills immediately.

Store high risk foods (meat, fish, milk cheese, cream etc) in the refrigerator on your arrival to school.

Remember not to place hot food in the refrigerator.



Set up work surface neatly with ingredients and equipment before you begin.

Put away any carrier bags.

Tidy as you go and ensure that at the end all equipment used are washed dried, checked by the teacher then packed away.

Most importantly always listen and follow instructions.



Week 1



Savoury Bread

150ml milk

£1.50 to parent pay Food Tech contribution

(contribution is for this lesson's bread ingredients and pizza base ingredients provided in school)

Container with a lid

Week 2

Ingredients

PLEASE NOTE: (all highlighted ingredients will be provided in school. You bring buttermilk)

250g plain wholemeal flour

250g plain white flour

1 tsp bicarbonate of soda

1 tsp salt

420ml/15fl oz buttermilk

extra flour for dusting

Please note that we will not be cooking in Week 3 as we will be carrying out our research and design task in preparation for Week 5.

Week 4. Pizza (students will make their own pizza from scratch)

Bring:

Toppings of your choice which must be prepared at home.

100g cheese **grated**

Pizza sauce

Labelled container with a lid

See next page

Week 5 Stir Fry

- 1 block egg noodles
- 1 tbsp oil (provided at school)
- 1 chicken breast or quorn chicken pieces
- 1 pack stir fry vegetables
- 1 tbsp clear honey (provided at school)
- 1 tbsp soy sauce (provided at school)
- 1 tbsp toasted sesame seeds (provided at school)



Container with a lid

Week 6 (this will be made over two lessons- the pastry in lesson 1 and then finished lesson 2)

Mini Cheese and onion tartlet

Lesson 1

- 200g plain flour
- 50g **block** margarine or butter
- 50g lard or vegetable fat called Trex
- 4-5tbsp cold water

Lesson 2 (if you missed lesson 1 let Mrs. Chung Anderson know. You will still be able to make your tartlets just bring the filling below)



Filling for lesson 2 (Cheese and onion tartlets)

- 1 eggs } so 2 eggs
- 1 egg yolks }
- 50g grated cheddar cheese (**please grate at home**)
- 75 ml double cream
- thyme } provided in school
- 1 bay leaf }
- Pinch nutmeg }

Container with lid

Method

Place flour, pinch of salt, margarine and lard in a bowl.

Use finger tips to rub in the fat into the flour until it looks like breadcrumbs.

Add cold water a little at a time to form a dough.

Leave to rest.

Make filling by melting the 15g butter in a pan, then add the chopped onion, bay leaf and thyme.

Cover and cook slowly for 15mins and a low flame until onions are golden brown.

Set aside to cool.

Flour work top and roll out the pastry. Use cutters to cut out circles and place in a bun tray.

Whisk together cream, eggs, egg yolks, nutmeg, salt and pepper.

Divide the onion mixture between cases, then pour over cream mixture. Sprinkle with cheese.

Bake for 12-15mins at 180°C or Gas 4.

Week 7 Apple Crumble (students must bring all ingredients and a **small oven proof dish** for this)

The filling

700g Cooking Apple (If you have a large oven proof dish you may want to double this recipe)

25g sugar

The Crumble topping

110g Sugar

175g Self Raising flour

75g Block butter

15g oats

Remember your **ovenproof dish or a cake tin**



Week 8

Koftas

250g minced lamb

1tsp cumin (provided at school)

1tsp ground coriander (provided at school)

1 clove garlic

1 small onion

1 red chilli (optional)



Fresh mint(provided at school)

Fresh coriander(provided at school)

Enjoy this at home with pitta bread, salad and a Greek yogurt dip.

Container with a lid

Week 19

Tray bake or Mini Victoria Sponges (your child will let you know what is needed for this task based on their choice)

We are struggling with getting back equipment on loan to students and this is costing the department a lot of money. For this reason I can no longer lend students equipment to take home products made. Therefore, students must ensure that they have the relevant container for making as stated at the end of each ingredients list.