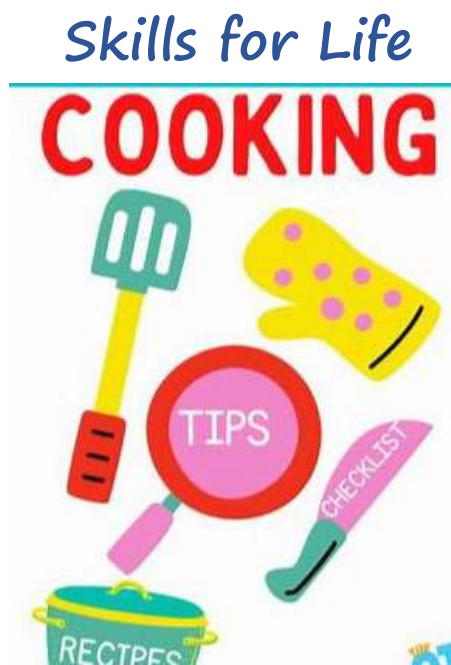




SALE HIGH SCHOOL

Year 8
Food Technology
Recipe Booklet



Important Note for Parents

Students must have their ingredients for each lesson. If there are genuine problems please provide a note to their Food Tech teacher 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:

Students will need to have their ingredients weighed out and labelled at home. If they cannot 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 or pupils can weigh these in school in the morning/break/lunch.

1. Please do not send in large amounts of ingredients as we will not have time to prepare these. Please follow the recipes provided.
2. 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 cannot store forgotten dishes/ingredients for longer than 1 day.
3. Food cost-Due to increased food cost we aim to provide some ingredients for pupils such (see each recipe). We understand the challenges this may place on some families so if there are genuine problems please let us know in advance so your child doesn't need to miss out on his/her learning. Where possible please provide what you can from the list and let us know in advance what we can help with

Other

Food hygiene and safety rules will continue to be a priority so that items made in school can be eaten at home as a meal or part of a meal. Please ensure that foods are stored and reheated properly at home before eating. (see the next page).

If your child has any allergies to food or cleaning solutions please inform us.

Year 8- Making List and rules

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 if possible.**

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**. Pupils are responsible for collecting their finished product and containers after P5 lesson.

Hygiene and Safety

You will leave bags, coats and blazers at your chair in room 14.

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



Always collect wear a clean apron from the designated area and place this at the correct place 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

Pizza with bread base- Complexity: medium

Students will make their own pizza from scratch. **The ingredients for the base will be provided in school.**

Bring:

1 topping of your choice and prepared at home:

100g cheese **grated**

Pizza sauce

Labelled container with a lid



Skills Shown for both	
Measuring	
Weighing	
Dough making	
Kneading	
Proving (yeast/bicarbonate soda)	
Shaping	
Rolling	
Glazing (soda bread)	
Use of the oven	

Week 2 Soda Bread - Complexity: medium

Ingredients

PLEASE NOTE: You will be provided with most ingredients listed in box below.

You must bring: 250ml buttermilk,

For the bread

125g plain wholemeal flour.

125g plain white flour

$\frac{1}{2}$ tsp bicarbonate of soda

$\frac{1}{2}$ tsp salt

15g butter, cut in pieces

240ml buttermilk

extra flour for dusting



Week 3 Stir Fry

Complexity: medium

- 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**

Skills Shown	
Knife	
Stir fry	
Boil and simmer	
Drain	
Crushing	
Preparing and cooking meat	



at school)

Week 4 (this will be made over two lessons-the pastry in lesson 1 and then finished lesson 2)

Cheese and onion Pasties-Complexity: high

- 200g plain flour
- 50g block margarine or butter
- 50g lard or vegetable fat called Trex
- 4-5tbsp cold water
- 150g mature cheddar Cheese
- 1 small red onion

Container with lid



Week 5 Apple Crumble (students must bring all ingredients and a **small oven proof dish** for this)

Complexity: medium

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**



Skills Shown	
Knife-Cutting/dicing	
Measuring	
Weighing	
Mixing	
Rubbing in	
Use of the hob and oven	

Week 6

Koftas-Complexity: medium

250g minced lamb

1tsp cumin (provided at school)

1tsp ground coriander (provided at school)

1 clove garlic

1 small onion

Continued on the next page

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

Or



Skills Shown	
Knife-Cutting/peeling	
Measuring	
Mixing	
Shaping	
Grilling	

Homemade Burgers or Veggie Burgers-(Let you teacher know beforehand if you have chosen to make the Veggie burger) Complexity: medium

Beef Burgers ingredients:

250g Lean Beef mince/lamb/chicken/

1 egg

1onion

Plain flour for dusting (provided in school)

You may also bring a burger bun and vegetables if you wish to eat this in school



Veggie Burgers ingredients:

$\frac{1}{2}$ tin chickpeas

$\frac{1}{2}$ tin sweetcorn

$\frac{1}{4}$ bunch fresh coriander (7g)

$\frac{1}{4}$ tsp paprika (provided in school)

$\frac{1}{4}$ tsp ground coriander (provided in school)

$\frac{1}{4}$ tsp ground cumin (provided in school)

1 $\frac{1}{2}$ tbsp plain flour (provided in school)

1 egg

Container with a lid

Skills Shown	
Knife-Cutting/slicing	
Mixing	
Beating	
Binding	
Grilling	
Use o a Food processor	

Week 7 Spinach, potato and chickpea curry

1 onion

1 clove garlic

1 x 5ml spoon oil (provided in school)

2 x 15ml spoons curry paste

300ml water (do not bring in bottled water)

1 large potato

400g can chopped tomatoes

410g chickpeas, canned

3 handfuls of fresh spinach

Container with a lid



