

Year 9 2020/21 Ingredient list - Dear Parents/Guardians: Students need to bring the ingredients from home (**clearly labelled with pupils name**) on the day of the lesson in a suitable (**named**) container and bring to the food technology room before registration to store safely. They must remember to collect their food at the end of the day. **Please ensure they bring a suitable container in which the cooked food can go home safely. If your child is allergic to ANY food please ensure you have advised school. You can contact me at clare.vincent@consilium-at.com to discuss any issues.** (* = available from school)

Practical 1: Decorated Cheesecake

150g crushed digestive biscuits
75g margarine or butter
225g full fat cream cheese (e.g. Philadelphia)
125ml whipping cream
50g caster sugar
1 lemon /lime/orange (washed)
Decoration
A selection of seasonal fresh fruit or Strawberries.
1 kiwi
Remember to bring an 18cm tin or dish to make your cheesecake in. and a well-sealed container

YOU ARE COOKING ON _____

Practical 2: Chicken or Vegetable Curry

Vegetable Curry

1 small onion
1 clove garlic
2 medium potatoes
2 carrots
50g red split lentils/chickpeas
 $\frac{1}{2}$ medium cauliflower
 $\frac{1}{2}$ tsp chilli powder*
2 tsp ground coriander*
 $\frac{1}{2}$ tsp turmeric*
1 400g tin chopped tomatoes
2 tsp oil*

Remember to bring a well-sealed container

Or Chicken Curry

3 chicken breasts- diced
2 tsp oil*
1 onion chopped
1 clove garlic
2.5 cm piece of fresh ginger or 1 tsp ground ginger*
1 tsp cumin*
1 tsp turmeric*
1 tsp ground coriander*
 $\frac{1}{4}$ tsp chilli powder or cayenne pepper*
6 tbsp water
400g tin chopped tomatoes
Remember to bring a well-sealed container

YOU ARE COOKING ON _____

Practical 3 Brownies

100g butter or margarine
100g dark chocolate
40g cocoa powder*
35g plain flour*
1 level tsp baking powder*
180g sugar*
2 large eggs
*put these ingredients in a bag together
Remember to bring a well-sealed container

YOU ARE COOKING ON _____

Practical 4 Chicken Fricassee

2x Chicken Breasts cut into 2.5 cm pieces
1 Onion
225g button mushrooms
2tbsp vegetable oil*
200g tin sweetcorn (optional)
For the béchamel sauce
50g butter
40g flour
568 ml (1pt) milk
80g cheddar cheese, grated
1tbsp fresh chopped parsley
Parsley leaves to garnish (optional)
Salt & Pepper to season*
Remember to bring a well-sealed container

YOU ARE COOKING ON _____

Practical 5 Bolognese

*2 tbsp vegetable oil
1 onion, finely chopped
1 garlic clove, crushed or finely chopped
4 rashers rindless bacon, chopped (optional)
1 carrot, cut into cubes

1 celery stick, cut into cubes
500g extra lean minced beef or Quorn (v)
1 x 400g can chopped tomatoes
2 tbsp tomato puree
A handful of mushrooms, quartered
*1 tsp Worcestershire sauce
150ml water
1 stock cube
*1 tsp oregano or mixed herbs
Remember to bring a well-sealed container

YOU ARE COOKING ON _____

Practical 6 Swiss Roll

75g caster sugar
75g self-raising flour
3 large eggs
Filling
3 tbsp jam, e.g. strawberry, raspberry, blackcurrant etc
Remember to bring a well-sealed container

YOU ARE COOKING ON _____

Practical 7 Savoury Plait

1 small packet puff pastry
1 egg
Seasoning (salt & pepper) *
PLUS Choose ONE of the following fillings: -
Sausage plait
200g sausage meat or equivalent weight in skinless sausages
1 small onion, finely chopped

Tuna and sweetcorn plait

1 large can tuna fish, drained
1 small can of sweetcorn

Cheese and onion plait

200g grated cheese
1 medium onion, finely chopped
Remember to bring a well-sealed container

YOU ARE COOKING ON _____

