

Year 8 2021/22 Ingredient list - Dear Parents/Guardians: Students need to bring the ingredients from home (**clearly labelled with pupil's 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.**

Practical 1 Mini Carrot cake

75g margarine
125g carrots
100g sugar
100g flour
1 x 5ml cinnamon
1 x 5ml baking powder
1 large eggs

Cooking on _____

Practical 2 Tomato and Basil Tart

150g plain flour
75g butter or margarine
3x15ml spoons cold water
2 tomatoes (sliced at home)
Handful of basil leaves
2 eggs
125ml semi-skimmed milk
50g cheese, e.g. Mozzarella, Gruyere or Cheddar
Black pepper

Remember to bring a well-sealed container

Cooking on _____

Practical 3 PIZZA

Base- 250g Strong plain flour
1/2 packet of dried yeast
1/2 teaspoon of salt
1/2 teaspoon of sugar
1 dessertspoon of olive oil
150ml (1/4 pint) Warm water
Topping- (OPTIONAL - YOUR CHOICE)
1 tablespoon Tomato puree
50g Cheese
(Additional ingredients (OPTIONAL - YOUR CHOICE
i.e. Cooked ham/Cooked Chicken, pineapple, pepperoni,
Garlic, Italian herbs, mushrooms, peppers, red onion -
be creative!)

**Suitable Pizza plate to transport Pizza home -
uncooked.**

Cooking on _____

Practical 4 Macaroni Cheese

Ingredients:
250ml semi-skimmed milk
1 tbsp (25g) margarine
1 tbsp(25g) plain flour
100g cheddar cheese
100g macaroni or other pasta
1 Tomato
1 slice bread to make breadcrumbs (optional)
Bring oven proof container each (deep foil tray) and
tub to hold dish and transport home

Cooking on _____

Practical 5 Sweet and sour chicken

250g chicken breast or pork fillet,
cut into 2cm pieces or Quorn pieces
1 medium can pineapple chunks
2 tablespoons oil (provided by school)
½ level teaspoon ground ginger (provided by school)
1 level tablespoon cornflour (provided by school)
1 level tablespoon sugar (provided by school)
1 tablespoon vinegar (provided by school)
1 tablespoon soy sauce (provided by school)
1 level tablespoon tomato puree (provided by school)
1 carrot
4 baby sweetcorn
1 green pepper
2-3 mushrooms

Remember to bring a well-sealed container.

Cooking on _____

Practical 6 Marble Pear tray bake

Ingredients
100g caster sugar
100g soft margarine
2 eggs
100g self-raising flour
1 x 15ml spoon coca powder
1 x 5ml spoon baking powder
½ pear (or apple)

Cooking on _____