

Year 8 2022/23 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 be transported home.** If your child is allergic to ANY food please inform school. You can contact your child's teacher by emailing clare.vincent@consilium-at.com to discuss any issues.

1. MACARONI CHEESE

Ingredients:

250ml semi-skimmed milk
1 tablespoon (25g) margarine
1 tablespoon (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.

YOU ARE COOKING ON _____

2. TOMATO AND BASIL TART

150g plain flour
75g butter or margarine
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

YOU ARE COOKING ON _____

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
Topping -
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.

YOU ARE COOKING ON _____

4. CHILLI CON CARNE

1 onion
1 clove garlic
1 green pepper
250g minced beef
2 x teaspoons plain flour
1 x beef stock cube
1 x 400g can red kidney beans
1 x tablespoon tomato puree
1 x teaspoon chilli powder

Remember to bring a well-sealed container to transport home.

YOU ARE COOKING ON _____

5. MARBLE PEAR TRAY BAKE

100g caster sugar
100g soft margarine
2 eggs
100g self-raising flour
1 x tablespoon cocoa powder
1 x teaspoon baking powder
1/2 pear (or apple)

Remember to bring a well-sealed container to transport home

YOU ARE COOKING ON _____

6. MEGA MUFFINS

150g Self-Raising Flour
50g caster sugar
100ml milk
1 egg
50g butter or margarine
1/2 teaspoon of baking powder
12 muffin cases
150g in **TOTAL** flavourings of your choice, from- Blueberries, Raspberries, Banana, Peach, Milk Choc Chips, Dark Choc Chips, nuts, raisins, sultanas, dried fruit chips, soft fudge or toffee pieces...

Remember to bring a sealed container to put them in.

YOU ARE COOKING ON _____

7. 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 to transport home.

YOU ARE COOKING ON _____

Class _____

Rotation dates _____

