

Year 9 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 andrew.blackburn@consilium-at.com to discuss any issues.

1. 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

Bring An 18cm tin or dish to make your cheesecake in. and a well-sealed container

YOU ARE COOKING ON _____

2. Chicken or Vegetable Curry

Vegetable Curry

1 small onion
1 clove garlic
2 medium potatoes
2 carrots
50g red split lentils/chickpeas
½ medium cauliflower
½ tsp chilli powder (available from school)
2 tsp ground coriander (available from school)
½ tsp turmeric (available from school)
1 400g tin chopped tomatoes
2 tsp oil (available from school)

Or Chicken Curry

2 chicken breasts- diced
2 tsp oil (available from school)
1 onion chopped
1 clove garlic
2.5 cm piece of fresh ginger or 1 tsp ground ginger (available from school)
1 tsp cumin (available from school)
1 tsp turmeric (available from school)
1 tsp ground coriander (available from school)
¼ tsp chilli powder or cayenne pepper (available from school)
6 tbsp water
400g tin chopped tomatoes

Remember to bring a well-sealed container

YOU ARE COOKING ON _____

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 _____

4 Chicken Fricassee

2x Chicken Breasts cut into 2.5 cm pieces
1 Onion
225g button mushrooms
2tbsp vegetable oil (available from school)
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 (available from school)

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

YOU ARE COOKING ON _____

5 Bolognese

2 tbsp vegetable oil (available from school)
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 (available from school)
150ml water (available from school)
1 stock cube
1 tsp oregano or mixed herbs (available from school)

Remember to bring a well-sealed container to transport home

YOU ARE COOKING ON _____

6 Swiss Roll

75g caster sugar
75g self raising flour
3 large eggs
Filling
3 tbsp jam, eg strawberry, raspberry, blackcurrant etc
Remember to bring a sealed container to put them in.

YOU ARE COOKING ON _____

7 Savoury Plait

Choose **one** of the following fillings: -

Sausage plait

1 small packet puff pastry
200g sausage meat or the equivalent weight in sausages with their skins removed
1 small onion, finely chopped
1 egg

Seasoning (salt & pepper) available from school

Tuna and sweetcorn plait

1 small packet puff pastry
1 large can tuna fish, drained
1 small can of sweetcorn
1 egg

Seasoning (salt & pepper) available from school

Cheese and onion plait

1 small packet puff pastry
200g grated cheese
1 medium onion, finely chopped
1 egg

Seasoning (salt & pepper) available from school

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

YOU ARE COOKING ON _____

Class _____

Rotation dates _____

