

## Year 7 - Ingredients for Food Technology - up to end of term

The ingredients detailed below are required in order for your child to take part in the food technology rotation over the next few weeks.

The items in **bold** should be provided wherever possible. The items in paler text can be provided by yourself as well if you prefer, but will be available in school for a small charge (no more than 50p). This should lessen the burden on you if you do not normally have such items in your cupboards.

Please make sure containers are labelled with your child's name, and are taken at the end of the lesson or collected at the end of the day. There can be up to 125 pupils cooking in any one day.

In the interests of preventing waste, please only provide the quantities requested.

<u>Group 7f</u> Thurs3 Friday5	<u>Group 7b</u> Thurs 5 Fri 3	<u>Ingredients needed</u>
7/6/18		<b><u>Pasta Salad</u></b> 1 vegetable stock cube <b>100g Pasta/Rice/Cous Cous</b> <b>1 tomato</b> <b>1 spring onion</b> <b>Small piece cucumber</b> ½ yellow pepper. <b>Container to take home in</b>
14/6		<b><u>Shortbread</u></b> <b>150g Plain Flour</b> <b>100g Margarine</b> <b>50g Caster sugar.</b>
21/6		<b><u>Frittata</u></b> <b>4 eggs</b> <b>1 small red/white onion</b> <b>4 tablespoons of frozen peas, defrosted</b> <b>1 red pepper</b> <b>2 slices of ham</b> <b>100g cheese</b>
28/6/18		<b><u>Stir fry</u></b> 1 clove garlic <b>1 onion</b> 1 tbs soy sauce <b>200g vegetables of own choice (PLEASE DO NOT BRING PRE-PREPARED VEGETABLES - CHOPPING AND SLICING SKILLS ARE BEING PRACTICED)</b>
5/7/18		<b><u>Carrot muffins</u></b> <b>1 medium carrot</b> <b>75g sugar</b> <b>75g flour</b> <b>1 egg</b> <b>25g sultanas</b> <b>Container to take home in</b>

12/7/18	<b><u>Kofta Kebabs</u></b> 1 small onion 200g lamb/beef mince All other ingredients provided
19/7/18	<b><u>Rocky Road</u></b> 100g dark chocolate 1 tbs golden syrup 75g butter 50g marshmallows 100g digestive biscuits 50g Maltesers Optional ingredients: 50g Raisins/Sultana/Nuts