

Year 8 - Ingredients for Food Technology

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.

To avoid unnecessary waste, please, only send pupils with the amounts that they need.

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.

8cd (Tue/wed group)	8ab (fri group)	<u>Ingredients needed</u>
6/6/18	8/6/18	Toad in the hole 75g plain white flour 2 eggs 100 ml milk 4 pork sausages ½ tbsp grainy mustard (optional) ½ tbsp thyme (optional)
13/6/18	15/6/18	Bolognese 250g minced beef 1 onion 1 clove garlic 1 tbs tomato puree 1 tin chopped tomatoes 1 beef stock cube
20/6/18	22/6/18	Cheesecake 6 digestive biscuits 25g butter/marg 200g cream cheese 50g caster sugar 120mls double cream
27/6/18	29/6/18	Chicken Biryani 75g rice 1 small onion 1 chicken breast 1 tbs curry paste 1 chicken stock cube 25g sultanas
4/7/18	6/7/18	Anzac biscuits 100g plain flour 25g oats 1 tbs caster sugar 1 tbs coconut (optional) 50g margarine
11/7/18	13/7/18	Fajita's 1 tbs lime/lemon juice 1 clove garlic 1 small chicken breast 1/2 onion 1/2 green pepper 50g Cheddar cheese 2 tortillas
18/7/18	20/7/18	Victoria sandwich cake 175g soft margarine 175g caster sugar 175g SR Flour 3 eggs 2 tbs jam