**Yr 8 Food and Nutrition Ingredients list**

**(Classes with Mrs Butler-Smith, room 173)**

Please bring a container each week plus foil or cling film if needed. Where possible spices or unusual ingredients will be supplied by school (indicated on the ingredient list). Please ask for an alternative recipe rather than not bring ingredients if you don’t like the food. You can always adapt/modify ingredients to suit tastes. These dishes are developed to improve high skill techniques, presentation and encourage healthy eating apart from a couple thrown in for the sweet tooth. Remember – it’s all about balance!

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| 1 | Introduction to course.  Demo: Fairy Cakes and decoration.  (Students to try feathering, piping etc.) | Objectives for this rota are to develop the basic skill levels in Food production, and presentation techniques while considering balanced diets. |
| 2 | **FAIRY CAKES**  100g Self Raising flour  100g soft margarine  100g castor sugar  2 eggs  1 level teaspoon baking powder  Flavouring of your choice:  Eg. 5ml vanilla essence or 15ml cocoa powder  **ICINGS**  **Glace Icing:** 150g icing sugar, sieved  OR  **Butter Icing:**  150g icing sugar, sieved  50g tub margarine  **12 Paper cup cases**  **CONTAINER to take cakes home in.** | **Skills:**  Creaming method. Folding, Baking, cake decorating.  **Knowledge:**  Cake making, presentation  Image result for fairy cakes with feathered icing  See the source image |
| 3 | **Bolognese or Chilli**  250g minced beef or vegetarian mince  1 onion  100g mushrooms  1 green pepper  2 tablespoons tomato puree  1 large can tomatoes  1 stock cube  salt and pepper (school)  **optional** – garlic, herbs, pepper, carrots  **for** **Chilli you need** - chilli powder/chillies, kidney beans\*  **BRING A WATERTIGHT CONTAINER to take it home in.** | **Skills:**  Knife skills (dicing, slicing, batons, working on hob, simmering.  **Knowledge:**  Meal planning  See the source image |
| 4 | **MINI CARROT CAKES**  150g butter or soft baking spread 250g carrots  200g sugar 200g flour  2 x 5ml cinnamon 2 x 5ml baking powder  2 large eggs 125g sultanas  50g nuts, chopped (optional)  12 x Muffin cases  **CONTAINER TO TAKE THEM HOME IN.** | **Skills:**  Vegetables in cake baking. Modification of recipe  **Knowledge:**  Rules for making pastry. Planning of fillings and shaping of pastry.  See the source image |
| 5 | **FISH PIE**  1kg potatoes  25g [butter](https://www.bbcgoodfood.com/glossary/butter)  [25g plain flour](https://www.bbcgoodfood.com/glossary/butter)  [400ml milk](https://www.bbcgoodfood.com/glossary/butter)  [4 spring onions](https://www.bbcgoodfood.com/glossary/butter)  [A pack of fish pie mix or your choice of fish](https://www.bbcgoodfood.com/glossary/butter)  [1 tsp Dijon or English mustard](https://www.bbcgoodfood.com/glossary/butter)  [Small bunch of chives](https://www.bbcgoodfood.com/glossary/butter)  [Handful of frozen sweetcorn](https://www.bbcgoodfood.com/glossary/butter)  [Handful of frozen peas or broccoli](https://www.bbcgoodfood.com/glossary/butter)  [100g of grated cheddar](https://www.bbcgoodfood.com/glossary/butter)  **OVEN PROOF DISH eg pie plate. Foil to cover before taking home** | **Skills:**  Cooking fish, mash potato layered dish browning in oven.  **Knowledge:**  Health and safety with protein.  Creamy fish pie in a serving dish with a scoop out |
| 6 | **LEMON DRIZZLE**  175g soft margarine or butter  175g caster sugar  3 large eggs  175g self raising flour  1teaspoon baking powder  Grated rind of one (**or two**) lemon  **For the drizzle topping**  125g of caster sugar  60ml (or 120ml) of lemon juice (from the lemon)  **BRING IN A PLASTIC TUB to take it home in** | **Skills:**  Creaming method, zesting a lemon, adding drizzle to hot cake, how to line a loaf tin.  **Knowledge:**  Vitamins (focus on Vit C)  Thermofan ovens vs convection ovens.  Image result for lemon drizzle |
| 7 | **RISSOTO**  200 g rice  1 onion  2 tablespoons of oil  1 stock cube  tin of tomatoes  About 225 g protein food, chicken, ham, pork, sausages, tuna  Plus **Vegetables** **of your choice** – any of the following:-  peppers, mushrooms, small pieces of carrot, garlic, celery, peas, sweetcorn…  **OVEN PROOF dish, foil to cover when taken home.** | **Skills:**  Starch cooking, skills in cutting.  **Knowledge:**  Which ingredients go well together. (how to select your ingredients)  See the source image |
| 8 | **SECRET BISCUITS**  125g BLOCK margarine or butter  75g castor sugar  5ml vanilla essence  200g Plain flour  **Secret filling**: e.g. half a slab of chocolate or cherries or nuts etc.  **Bring in a container to take them home** | **Skills:**  Biscuit making. Filled biscuit (not just flavoured).  **Knowledge:**  Image  How to work  With cold biscuit  dough without  melting the butter |
| 9 | **Chinese Chili Ginger Beef**  **Ingredients**    2 spring onions  1 clove of garlic  ½ red chilli  2.5cm root ginger  1 whole lime or lemon, zest and juice  400g stir fry vegetables, e.g. beansprouts, red pepper, sweetcorn, mushrooms or broccoli  150g quick cook noodles  10ml oil  (School will provide)  200g stir fry beef strips (or rump steak), or chicken breast  2 x 5ml soy sauce | **Skills:**  **Knowledge:**  **MacintoshHD:Users:qe2beneyres:Desktop:Screen Shot 2021-01-07 at 01.08.51.png** |