

FOOD

Preparation

AND NUTRITION

YEAR 8

2022/23

Equipment and Ingredients

Students will need to bring the following basic equipment each week to their food lesson. A clean, dry:

- apron,
- dishcloth, and
- tea towel.

and a suitable container to transport their finished product home.

Please make sure all equipment is clearly labelled, as the food room is a busy place with many dishes being produced each day.

Students will access the recipe through the website as part of their homework. In addition, from time-to-time students will need an ovenproof dish or a heatproof container, which for health and safety reasons will need to fit into a second container for transport home which must not be glass. The second container will require a firm fitting lid, foil/cling film is not adequate as food can easily leak if knocked. Sizes will need to be checked at home to ensure that the hotter container used in the oven fits into the second container.

As part of their learning, students will need to bring ingredients each week that they have weighed accurately at home, and they are encouraged to take part in buying ingredients.

Any special dietary requirements that need alternative ingredients can be discussed with staff. Recipes can be adapted so that practical is always completed.

Students are required to collect their food and equipment on the day of cooking, at the end of the day. This is the students' responsibility and a health and safety requirement. It is the student's responsibility to check the website if they have been absent or in isolation. Planner comments will be given for not bringing ingredients to practical lessons. If access to the internet is difficult students can use homework club to find the ingredients required.

Please note that due to PD lessons, examinations, school activities and unscheduled school closure the plan for practical lessons could change and students should make a note in their planner where possible. Always use the recipe list for the date shown on the plan.

STUDENTS WILL BE COMPLETING A PRACTICAL ONCE EVERY TWO WEEKS ON MOST OCCASIONS

IF YOUR LESSON FALLS ON A BANK HOLIDAY YOU WILL MISS THAT PRACTICAL



W/C 5 SEPTEMBER
COURGETTE, ONION AND
CHEESE MUFFINS



W/C 19 SEPTEMBER
ROASTED VEGETABLE AND
PASTA MEDLEY



W/C 3 OCTOBER
JAMBALAYA

INGREDIENTS

Courgette, onion and cheese muffins

225g self-raising flour (wholemeal if possible)
50ml oil
175ml semi-skimmed milk
1 egg
100g cheddar cheese
1 small courgette (skin left on)
1 small onion
black pepper
12 muffins cases

Roasted vegetable and pasta medley

1 red pepper
1 medium courgette
1 onion
1 sweet potato or parsnip
2 tbsp oil
100g penne or other shape
50g unsalted butter
50g plain flour
500ml milk
½ tsp dried mustard (supplied)
100g mature cheddar cheese
Specialist equipment needed: Medium to large ovenproof casserole or lasagne dish

Jambalaya

1 or 2 chicken breasts or 200g Quorn
50g chorizo sausage (optional)
2 cloves garlic
150g long grain rice
1 pepper
1 large onion
1 stick celery
1 tbsp oil
1 tsp dried thyme
1 tsp paprika
1 tsp tabasco sauce
1 chicken stock cube
400g can chopped tomatoes



W/C 31 OCTOBER
COTTAGE PIE

W/C 14 NOVEMBER
BREAD ROLLS

W/C 28 NOVEMBER
RICOTTA AND SPINACH LASAGNE

INGREDIENTS

Cottage Pie

250g minced beef or lamb
 1 medium onion
 1 medium carrot
 1 glove garlic
 1 stick of celery
 200g can chopped tomatoes
 1 tbsp. tomato puree
 1 tsp dried mixed herbs
 Ground black pepper
 300g old potatoes suitable for mashing
 1 medium sized leek
 1 tbsp olive oil
 10g butter
 2 tbsp milk
 50g grated cheddar cheese

Specialist equipment needed: Medium to large ovenproof casserole or lasagne dish

Bread rolls

450g strong plain flour
 ½ tsp salt
 7g sachet of yeast
 1 tsp sugar
 1 egg

Extra ingredient options: sun dried tomatoes, herbs, spices

Ricotta and spinach lasagne

1 tsp mixed herbs	1 tbsp oil
150g spinach	1 medium onion
1 egg	1 clove garlic
200g ricotta cheese	1 aubergine
Black pepper and nutmeg	1 pepper
25g butter or vegetable spread	1 courgette
25g plain flour	400g chopped tomatoes
300ml milk	
70g grated cheese	
8-10 sheets of dried lasagne sheets	

Specialist equipment needed: Medium to large ovenproof casserole or lasagne dish



W/C 5 DECEMBER
CHEESE AND VEGETABLE
PASTIES



W/C 16 JANUARY
DECORATED SWISS ROLL



W/C 30 JANUARY
FISHCAKES

INGREDIENTS

Cheese and vegetable pasties

200g plain flour
100g block vegetable fat or butter
1 tsp mixed herbs
1 egg
1 small onion
1 stalk celery
1 small potato
1 small carrot
25g butter or vegetable oil
50g strong cheddar cheese
Black pepper

Decorated Swiss Roll

3 eggs
75g caster sugar
75g plain flour
2 tbsp jam or lemon curd
2 tbsp sugar for rolling
Food colouring of your choice

Fishcakes

350g potatoes
200g canned tuna or cooked fish (e.g. haddock)
25g butter or vegetable fat spread
1 egg
Small bunch parsley
200g dried breadcumbs
Pinch of pepper



W/C 20 FEBRUARY
CHELSEA BUNS



W/C 6 MARCH
PRESENTATION PRACTICAL
(RECIPE GIVEN IN CLASS)



W/C 13 MARCH
SMALL QUICHE

INGREDIENTS

Chelsea buns

450g strong plain flour
1 x 7g sachet of yeast
50g caster sugar
50g butter or vegetable fat spread
2 eggs
250ml milk

Filling:

1 level tsp mixed spice
100g dried mixed fruit
25g butter
2 tsp Demerara sugar

Glaze:

2 tbsp. milk
2 tbsp. sugar

Small Quiche

200g plain flour
50g lard/Trex
50g butter/hard margarine
2 egg
125ml milk
50g cheese
6 cherry tomatoes
½ tsp mixed dried herbs

Large container to transport
home safely



W/C 27 MARCH
CALZONE



W/C 24 APRIL
CHICKEN AND LEEK PIE



W/C 8 MAY
FRUIT PIE

INGREDIENTS

Calzone

250g strong plain flour
1 sachet of yeast
½ tsp salt
3 tbsp tomato puree
100g cheese
½ pepper
½ onion
4 mushrooms

Protein topping of your choice, eg pepperoni, tuna, ham

Chicken and leek pie

2 medium chicken breasts
1 large leek
50g butter/2tbsp olive oil
1.5kg potatoes (3 large) dependent on size of dish
50ml milk
Roux sauce
25g butter/hard margarine
25g plain flour
250ml milk

Specialist equipment needed: Ovenproof dish suitable for a casserole or lasagne – deep enough to hold potato topping

Fruit pie

750g eating/cooking apples
50g sugar
300g plain flour
75g lard/Trex
75g butter/hard margarine

Specialist equipment needed: Flan dish



W/C 22 MAY
LEMON FLAN



W/C 5 JUNE
CHOCOLATE CAKE

INGREDIENTS

Lemon flan

300ml double cream
397g can condensed milk (not light or evaporated)
3 medium or 2 large lemons
250g digestive biscuits
125g butter or block margarine

Specialist equipment needed: Flan dish

Chocolate cake

150g soft margarine
150g caster sugar
125g SR flour
3 eggs
50g cocoa powder