

FOOD

preparation
and nutrition

Year 9

2023/24



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 THEY WILL MISS THAT PRACTICAL

Week Commencing

11 September

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 muffin cases

25 September

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
 $\frac{1}{2}$ tsp dried mustard (supplied)
100g mature cheddar cheese
Specialist equipment needed: Medium to large ovenproof casserole or lasagne dish



9 October

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

13 November

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 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

Week Commencing

27 November

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

11 December

Decorated Swiss Roll

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



15 January

Cheese and vegetable pasties



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

29 January

Ricotta and spinach lasagne

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



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

Week Commencing



26 February 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 breadcrumbs
Pinch of pepper

11 March Chelsea Buns

450g strong plain flour
1 x 7g sachet of yeast
50g caster sugar
50g butter
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



18 March Small quiche

200g plain flour
50g lard/Trex
50g butter/hard margarine
2 egg

125ml milk
50g cheese
6 cherry tomatoes
 $\frac{1}{2}$ tsp mixed dried herbs

15 April Calzone

250g strong plain flour
1 sachet of yeast
 $\frac{1}{2}$ tsp salt
3 tbsp tomato puree
100g cheese
 $\frac{1}{2}$ pepper
 $\frac{1}{2}$ onion
4 mushrooms

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



Week Commencing



29 April 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

13 May Apple Pie

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

Specialist equipment needed: Flan dish



27 May 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

3 June Chocolate Cake

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

Decoration:
300g icing sugar
120g margarine
25g cocoa powder

