

# 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  
½ 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

