

Ingredients for Year 8 Food Technology

<p><u>Week 2 - One pan pasta</u> 100g pasta - any shapes 1 x 450g tin tomatoes - chopped 2 tablespoons tomato puree 25g grated cheese <u>Choose 3-4 from the following list</u> 1 small onion - finely chopped 1 clove garlic - crushed 25g mushrooms - sliced 1 pepper - red, green, yellow - 50g sweetcorn, 50g peas 1 courgette - sliced or diced. 2 teaspoons mixed herbs 2 rashers bacon or 100g minced beef Plastic or overproof dish</p>	<p><u>Week 3 - Spaghetti</u> <u>Bolognese</u> 250g minced beef 1 onion 1 450g tin tomatoes 2 tablespoons tomato puree 50 g mushrooms (optional) 1 pepper (optional) 1 clove garlic (optional) 2 teaspoons mixed herbs overproof or plastic dish 150g spaghetti Plastic box to take food home</p>	<p><u>Week 4 - Macaroni</u> <u>Cheese</u> 75g short cut macaroni 25g plain flour 250ml milk 100g grated mature cheddar <u>Variations - optional ingredients</u> 50g ham or bacon. 2 tomatoes. 1 small leek. 50g sweetcorn 1 red or green pepper Plastic box to take food home in</p>	<p><u>Week 5 - Pizza</u> 1 packet of bread or pizza base mix. 3 tablespoons of tomato puree 50g mozzarella or cheddar cheese 1-2 teaspoons mixed herbs <u>2 ingredients from the following list</u> 1 small onion 25g mushrooms 2 tablespoons sweetcorn ½ a green, red or yellow pepper 50g ham 50g tuna Tin or box to home in</p>	<p><u>Week 6 - Design Lesson</u> Design own pasta dishes for the next 2 lessons</p>
<p><u>Week 7 and 8 - Own choice of pasta dish</u> Details of ingredients will be given in Week 6.</p>	<p><u>Week 9 - Savoury</u> <u>Muffins</u> 150g SR Flour 5ml Baking Powder 2x 15ml chopped spring onions 150g grated hard cheese (Cheddar, Cheshire, Feta etc) 1 Egg 150ml Milk 50g butter (melt) <u>Optional Extra ingredients</u> Pine nuts Carrot Courgette Apricots Coriander Sunflower Seeds Tin to take muffins home</p>	<p><u>Week 10 - Chilli con Carne</u> 250g minced beef 1 onion 1 450g tin tomatoes 2 tablespoons tomato puree 50 g mushrooms (optional) 1 pepper (optional) 1 clove garlic (optional) salt and pepper ½ - 1 tsp chilli powder small tin kidney beans (drained) Plastic box to take food home in</p>	<p><u>Week 11 -Shepherds Pie</u> 500g minced beef, lamb or chicken 1 Onion Chopped 100g vegetables - chopped carrots, corn, peas 800g-1kg Potatoes (2/3 big ones) 2 tablespoons butter 500ml stock (1 stock cube) 1 tsp Worcestershire Sauce (Optional) Oil for cooking Salt Pepper Grated Cheese for topping (Optional)</p>	<p><u>Week 12 Chocolate - Fairy Cakes</u> 100g soft margarine 100g sugar 2 egg 75g Self Raising flour 25g cocoa 12 paper cases Box/tin to take cakes home.</p>

Please keep this sheet safe. Confirmation of ingredients will also be in planners. Please tell your teacher 2 days in advance if you cannot bring ingredients.