

# Ingredients for Year 9 Food Technology

## Week 2 - Chicken Korma

2 chicken breasts  
1 onion  
4 tablespoons natural yoghurt  
 $\frac{1}{4}$  packet creamed coconut  
100ml chicken stock  
3cm piece root ginger  
1 clove garlic  
  
+ plastic box  
Spices will be provided by school

## Week 3 - Sweet and Sour

250g pork, chicken or a selection of vegetables  
50g spring onions  
1 clove garlic  
1 carrot  
1 red or green pepper  
1 tin of pineapple  
  
+ 20p for sauce ingredients  
+ plastic box

## Week 4 - Lasagne

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  
50g plain flour  
500ml Milk (1 Pint)  
100g grated mature cheddar  
Packet of lasagne sheets  
  
1 lasagne dish

## Week 7 Multicultural Dish - own

design

## Week 8 Multicultural Dish - own

design

## Week 9 Chocolate Brownies

75 g. self-raising flour  
15 g. cocoa powder  
50 g. butter or margarine  
175 g. light muscovado sugar  
2 tablespoons water  
100 g. plain chocolate chopped into pieces  
 $\frac{1}{2}$  teaspoon vanilla essence  
2 x large eggs  
25 g. shelled walnuts (optional)  
  
20 cm. square tin

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. No ingredients needed weeks 5 and 6.