

Year 7 Food Technology
Recipe and ingredients list for your Food Technology lessons

Dear Parents/Carers,

We hope you find the list of recipes and ingredients required for your son/daughter useful. The National Curriculum has placed a big emphasis on students being able to cook a wide repertoire of predominantly savoury dishes to build cooking skills and learn about healthy eating, different user groups and sustainability.

Whilst we cannot guarantee which date your child will cook each dish the recipes will follow the order below and school will sometimes provide some of the ingredients.

We do ask that students adhere to the expectations set out by their teacher for storing their ingredients when they get to school for health and safety purposes.

Please could you name label ingredients and containers where possible. Please encourage your child to collect their product at the end of the day, as some products will be disposed of if left. We hope you enjoy trying the products your son/daughter has made, the recipes are designed so that you may personalise them and the teacher will discuss the recipes with the students beforehand. This letter is available on the school website along with the schools allergy policy.

Product	Ingredients	<u>Optional</u>
Fruit Salad	5 fruits of your choice Container from home	Small carton of fruit juice Lemon
Pasta Salad Follows on from learning about healthy eating	Up to 4 vegetables e.g. spring onion, red onion, tomato, lettuce, sweetcorn, peppers Up to 2 sources of protein e.g. cooked chicken/ham, cheese, egg 2-3 tablespoons salad dressing e.g. pesto, mayo, salad cream, French dressing, homemade dressing 200g pasta Container from home	Gherkins Jalapenos Pickled onion Seeds Nuts
Creamy vege curry Follows on from learning about fast food	1 onion 1 garlic clove 1 thumb sized piece of ginger 400g mixed vegetable – peppers, mushrooms, broccoli, courgette, for example or 1 can of chickpeas 1 vegetable stock cube Small can of peas Small pot 150ml natural/plain yoghurt or a can of coconut milk Spices – provided by school 1 tbsp vegetable oil – provided by school Container from home	2tbsp ground almonds
Mexican bean tortilla bake	1 tbsp oil - provided by school 1 can of mixed beans 1 onion 1 pepper (green, red, orange, yellow) SEE NEXT PAGE	1 bag of frozen quorn mince

Follows on from learning about a vegetarian /vegan lifestyle	1 can of chopped tomatoes or carton of passata 3 large tortilla wraps 250g mascarpone OR cream cheese OR sour cream 150g cheese (any grated cheese) Spices, herbs and tomato puree – provided by school	
Tuna and sweetcorn slice Follows students learning about sustainable fishing	1 packet of chilled puff pastry 1 can of tuna or salmon 1 small can of sweetcorn 1 red onion 50g cheese Chives – provided by school 3tbsp crème fraiche – provided by school Container from home	If you don't eat fish (vegetarian/vegan) Bring in 100g of cheese and 1 small onion
Fruit Crumble Follows on from learning about food miles	500g Fruit e.g. apples, rhubarb, plums, mixed berries 75g sugar for base of fruits 100g Butter or Margarine 75g sugar for the top 200g Plain flour 1 foil dish – provided by school	Raisins Cinnamon Demerara sugar to sprinkle on the top 25g oats for top
Scones	40g margarine or butter 75ml milk 1 egg 75g of your chosen extra ingredients e.g. raisins, sultanas, dried apricots, onion, sun dried tomato, cheese 250g Self-raising flour 25g sugar if making sweet or plain scones Pinch of salt – provided by school Container from home	Dried or fresh herbs if savoury
Cheese straws Follows on from learning about the dairy industry	160g plain flour 110g butter, diced 75g cheddar cheese 1 egg (only yolk needed) pinch salt – provided by school Container from home	25g parmesan small pinch cayenne pepper mustard
Mini soup in teams	Students please bring in 1 vegetable – for example; Onion, carrot, potato, sweet potato, courgette, pepper, handful mushrooms, can sweetcorn, leek, etc Small container or flask.	

Tomato Soup	500g fresh tomatoes 2 garlic cloves 1 vegetable stock cube 4 basil leaves – provided by school 1tbsp olive oil – provided by school Container or flask from home.	
Wedges in pairs Students are learning about herbs and spices to flavour food	Students please bring in 1 potato.	
Mini pancakes	135g plain flour 1 egg 130ml milk 1tsp baking powder – provided by school Pinch of salt – provided by school 1tbsp sugar – provided by school 1tbsp oil – provided by school Fruit of choice to decorate the pancakes for presentation Container from home	
Fruity muffins	250g plain flour 2 ripe bananas 150g blueberries (can be frozen) 3 tbsp honey 1 egg 185ml milk 50g caster sugar 2 tsp baking powder – provided by school 1 tsp ground cinnamon – provided by school pinch of salt – provided by school 3 tbsp vegetable oil – provided by school Container from home	