

Year 9 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	Optional Inspiration
Chopping skills	2 carrots OR 1 cucumber 1 onion and 1 garlic clove	
Risotto (frozen onion and garlic from previous lesson at school)	50g bacon - optional 150g <u>risotto</u> rice 1 vegetable stock cube 50g peas 2tbsp oil – provided by school Container from home	25g Parmesan 2 mushrooms, Head of broccoli, ½ pepper, 50g ham, 25g sweetcorn, 4 asparagus spears
Basic Ragu and meatballs	400g minced beef/lamb/pork/turkey 1 onion 1 carrot 1 garlic clove 1 stock cube 1 x 400g can of tomatoes/passata 1tbsp tomato puree – provided by school 1 tsp dried oregano – provided by school 1tsp basil – provided by school Container from home	Chilli powder 1 pepper 3 mushrooms Small can sweetcorn (Any ideas from your product analysis) 50g cheese or ball of mozzarella if you want to melt cheese on top
Basic Ragu and Vegeballs (if vegetarian)	1 small onion 100g canned red kidney beans 1 egg 1 slice bread or a handful of breadcrumbs 40g sweetcorn - optional 1 vegetable stock cube 1 x 400g can of tomatoes/passata 1 tsp tomato purée – school provide 1 tsp chilli powder – school provide ½ tsp ground coriander – school provide 2 tsp balsamic vinegar – school provide 1tbsp tomato puree – provided by school	

Year 9 Food Technology

Recipe and ingredients list for your Food Technology lessons

	1 tsp dried oregano – provided by school 1tsp basil – provided by school	
Pasta	1 egg 00 Flour – provided by school Salt - provided by school Container from home	Dried herbs or chilli in their pasta
Carbonara	100g spaghetti 75g cooked ham/bacon - optional 1 garlic clove 1 egg 75ml double cream 50g parmesan Container from home	50g peas 50g sweetcorn Small head of broccoli 1 onion