

Food and cookery Skills

Group 9x/fd

9-week rotation

Your child is studying food for the next 9 weeks. They will be required to bring in ingredients fortnightly in the blue week (week two) and on Friday. The exact dates are in the table below. I have included what ingredients are needed; note that anything with a line through it will be available in school for students to use

They should make sure they weigh and measure at home where possible and **bring ingredients in a named container**

I have no problems with ingredients being swapped to suit families and individuals, suitable modifications will be discussed in class

Please email me if you have any problems. esm@hartismere.com

Date	Dish	Ingredients needed
10/5/24	Beef burgers	Beef burger recipe 1 small onion, diced 250g good-quality beef mince 1 egg 2 bread rolls extra fillings- cheese gherkins sauceetc 1 tbsp vegetable oil
24/5/24	Pizza Half of the sauce will be frozen and used in the next practical. Please send 1 freezer bag	Ingredients 500g strong white flour 1 sachet of fast action yeast ½ teaspoon spoon salt c.250 ml warm water 2 x 15ml spoon oil Sauce: 1 onion 1 tin tomatoes 1 clove garlic 1 tablespoon oil toppings: 150g cheese toppings of choice
14/6/24	Fresh pasta and sauce	1 medium egg Optional :one or two ingredients to add to the tomato sauce made last week for example ham, herbs, pepperoni, mushrooms peppers etc Flour will be provided by school

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28/6/24	Southern fried chicken and coleslaw	Southern fried chicken recipe 2 pieces of chicken 200ml milk seasoned flour provided by school <u>for the coleslaw</u> ¼ white cabbage 1 carrot one small onion <u>For the mayonnaise</u> 1 egg 125ml vegetable oil 1 tsp Dijon mustard 1 teaspoon lemon juice

You will notice that some ingredients have a line through them. These ingredients are provided by school, so pupils do not need to purchase them but may use them.

If this schedule changes I will speak to students in class and notify them through google classrooms.

Thank You

Mrs Smith