

Group 9x/Fd
Year 9

Your child is studying food for the next 9 weeks. They will be required to bring in ingredients for each practical lesson. In order to reduce food waste and save money, we have reduced the size of the recipes and are supplying some of the ingredients at a small cost.

Students 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.

Ingredients can be tweaked for different dietary needs e.g. allergies. If you need any help or wish to discuss please contact me at the address below.

Please note that the last week is an assessed practical where students will cook a savoury recipe of their choice which they are going to plan in the lesson indicated below. It must contain carbohydrates, protein and a portion of vegetables. I would like them to make one of the dishes they have made in school or something they have made at home. It must be prepared in 60 minutes

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

Thank You
Mrs Smith

Date	Dish	Ingredients needed from home	Ingredients supplied by school
Tuesday 15th September	Sweet and sour chicken/tofu	1 red onion 1 carrot 1 green pepper 1 chicken thigh or 100g tofu	1 x 10ml spoon sugar 1 x 10ml spoon soy sauce 1 x 10ml spoon vinegar 2 x 10ml spoon tomato ketchup 1 x 10ml spoon cornflour 100ml pineapple juice 100ml pineapple juice 1 clove garlic
Tuesday 29th September	Pea and mint falafel with tzatziki	1 x 400 g can chickpeas 1 red chilli 1 small onion 200 g frozen peas (defrosted) 1 lemon	1/3 cucumber 100 g plain yogurt 2 garlic cloves mint leaves plus 1 x 15 ml spoon fresh mint 1 x 5 ml spoon cumin 1 x 5 ml spoon ground coriander 1 x 15 ml spoon plain flour
Friday 9th October	Scotch eggs and dipping sauce	3 eggs 150 g of either sausage meat(sausages), turkey, pork or beef mince 2 slices wholemeal bread	1 x 5 ml spoon Cajun spice (or other spices and/or herbs) a few twists black pepper 1 x 15 ml spoon plain flour spray oil 1 x 15 ml spoon cream cheese, mayonnaise or yogurt 1 spring onion (or a gherkin) 1/2 x 5 ml spoon lemon juice, tomato ketchup, mustard or barbecue sauce

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Tuesday 13th October	Sweet potato katsu curry	Sachet of microwavable rice 1 sweet potato 40 g breadcrumbs (panko breadcrumbs could be used, but are more expensive) 1 onion 1 carrot	2 x 15 ml spoon cornflour 2 x 15 ml spoon water black pepper 1 garlic clove 5 cm piece of ginger spray oil ¼ x 5 ml spoon turmeric ½ x 5 ml spoon curry powder 1 x 10 ml spoon plain flour
Tuesday 3rd November	Planning lesson	If you wish to use a recipe from home for your assessed practical, please make sure you bring in a paper copy for this lesson.	
Friday 13th November	Assessed practical	Students will be cooking a savoury street food dish of their choice. It must be reflect a balanced diet, with a protein,carbohydrate and vegetables included It must use at least one part of the cooker It must be something they have made before either at home or in school. They can tweak the school recipes used. All ingredients should be provided by home. However, please see me if you need some help. Bring recipe to school for the planning lesson on the 3rd November	