



Year 8 Food Technology Ingredients lists

If you know what dish you are cooking during your next Food Technology lesson, find that dish below & make a note of what ingredients you will need for the lesson. Don't forget a suitable container to take your food home in.

<p>Chocolate chip muffins:</p> <p>150g self raising flour, 25g cold unsalted butter cubed, 40g caster sugar, 75g milk or plain chocolate chips, 1 eggs - lightly beaten, 110ml milk, 1 teaspoon vanilla extract - optional</p>	<p>Chilli con carne:</p> <p>250g minced beef, 1 large onion, 1 clove garlic, Parsley, 1 beef stock cube, 150ml water, 2 tsp chilli powder, 2 tsp cumin powder, 2 tbsp tomato puree, 1 can red kidney beans</p>	<p>Garlic dough balls:</p> <p>Bread mixture – provided by school, 4 cloves of garlic, Cheese (grated), 30ml of oil, container</p>
<p>Swiss roll:</p> <p>3 large eggs, 75g caster sugar, 75g self-raising flour, 100g strawberry jam, Food colouring of your choice, container</p>	<p>Spinach & chickpea curry:</p> <p>1 onion, 1 clove garlic, 1 x 5ml spoon oil, 2 x 15ml spoons curry paste, 300ml water, 1 large potato, 400g can chopped tomatoes, 410g chickpeas, canned, 3 handfuls of fresh spinach, container</p>	<p>Beef burger & sweet potato fries:</p> <p>400g minced beef, 1 red onion, 1 small egg, black pepper, flour for dusting, 1 sweet potato, container</p>
<p>Chicken fajitas:</p> <p>2 Chicken Breasts, Fajita seasoning, 2 spring onions, 1 garlic clove, 1 red pepper, 4 tortilla wraps, chilli (optional), container</p>	<p>Chocolate brownies:</p> <p>200g dark chocolate, 250g unsalted butter, 80g cocoa powder, 65g plain flour, 360g caster sugar, 4 large eggs, container</p>	<p>Minestrone soup:</p> <p>1 clove of garlic, ¼ cabbage, 1 onion, 1 rasher of bacon, 1 carrot, 1 stick of celery, 1 potato, 1 stock cube, 800ml boiling water, 1 x 5ml mixed herbs, Black pepper, 25g small pasta shapes or broken spaghetti, container</p>
<p>Dutch apple cakes:</p> <p>2 eggs, 100g Self Raising flour, 100g Sugar, 100g Butter, 1/2 cooking apple, 1 tps. Cinnamon, container</p>	<p>Cottage pie:</p> <p>3 medium potatoes (450g), 1 parsnip (optional), 1 carrot, 1 onion, 250g (8oz) beef mince, 1x 15ml spoon tomato puree, 1 reduced salt beef or vegetable stock cube, container</p>	<p>Tomato & basil tart:</p> <p>100g plain flour, 50g butter or baking fat/block, 2 tomatoes, 50g cheese, Handful of basil leaves, eggs, 125ml semi-skimmed milk, container</p>
<p>Sausage rolls (pork & apple):</p> <p>'Just roll' puff pastry, 200g Sausage Meat, ½ a grated apple, 1 egg (for brushing), container</p>	<p>Sweet and sour chicken:</p> <p>1 medium onion, 2 medium chicken breast, 1 red pepper, 1 small can of pineapple in juice, 2 tbsp. tomato puree OPTIONAL: 1 tbsp sweet chilli sauce or 1 tsp Chinese 5 spice, container</p>	<p>Rocky road cakes:</p> <p>12 cup cake cases, 65g butter, 150g dark chocolate, 1.5 tbsp golden syrup, 100g rich tea biscuits, 50g Mini marshmallows, 1 packet of mini eggs, container</p>
<p>Pizza:</p> <p>500g strong white flour, 1 x 5ml spoon salt, 1 x 7g packet fast action dried yeast, 300ml warm water, 1 x 15ml spoon oil Topping: 1 small jar tomato pizza sauce, A handful of fresh basil, 1 x small ball mozzarella cheese, 6 slices of pepperoni, container</p>	<p>* School will always provide cooking oils, herbs, salt, pepper & any other sauces needed in small amounts that are not included on the ingredients lists above. * School will also always provide all the necessary equipment needed for all cooking lessons unless clearly stated.</p>	<p>* Please put your name on the container that you are using & don't forget to pick your food up at the end of the school day. * some of these dishes may change, but you will be notified when/if this happens</p>