

# YEAR 7 FOOD TECHNOLOGY INGREDIENTS.

## Banana oat cookies:

### Ingredients

- 1 banana
- 100g oats
- 25g sugar
- 25g oil
- 25g sultanas or raisins

1 x 5ml spoon (1 tsp) cinnamon

**Container to take home in.**



## Croque Monsieur:

### Ingredients

- 30g Cheddar cheese
- 1/2 tomato
- 2 slices of bread
- 1/2 5ml (1/2 tsp) mustard
- 1 slice ham/vegetarian option

**Container.**



## Cheesy bean quesadilla:

### Ingredients

- 1/2 onion
- 1 x 10ml spoon (2 tsp) oil
- Sprinkle of paprika and cumin
- 1/2 x 400g can mixed beans, drained if in water
- 40g Cheddar cheese
- 1 x tortilla wrap

**Container.**



**ITEMS IN RED  
WILL BE PROVIDED**

## Fruit Crumble

### Ingredients

- 500g Apples
- 50g sugar (to sweeten fruit)
- 100g plain flour
- 50g butter/margarine
- 50g sugar to sweeten crumble

**Oven proof dish to bake your crumble in.**



## Veggie pizza:

### Ingredients

- 150g self-raising flour
- 25g butter/hard fat
- 75-80ml milk
- 3 x 15ml spoons pasta sauce / ketchup
- 50g mushroom
- 1-2 tomatoes (canned)
- 50g sweetcorn
- 50g Cheddar cheese

Dried mixed herbs (sprinkle)

**Container to take home in.**



## Veggie savoury rice:

### Ingredients

- 1 onion
- 100g mushrooms
- 100g frozen mixed vegetables
- 1 x 10ml spoon (2 tsp) oil
- 150g long grain rice
- 1 stock cube
- 1 x 10ml spoon (2 tsp) curry powder

**Container.**



## Couscous salad:

### Ingredients

- 1 vegetable stock cube
- 100g couscous
- 1 carrot
- 1/2 red onion
- 1/4 cucumber
- 100g sweetcorn
- 25g sultanas
- 1 x 15ml spoon salad cream

Black pepper

**Container.**



## Halloumi Goujons

### Ingredients

- 1 x pack Halloumi
- 80g cornflakes
- 1 x lemon
- 1 x tsp (5ml) mixed herbs
- 1 x egg
- 4 x tbsp. flour
- 1 x sandwich bag

**Container.**



# YEAR 8 FOOD TECHNOLOGY INGREDIENTS.

## Breakfast Muffins:

250g self raising flour  
2x 5ml spoons (2 tsp) of baking powder  
100g sugar  
230ml semi-skimmed milk  
1 egg  
60ml oil  
150g canned fruit in juice.

**12 muffin cases and container.**



## Chilli Veg noodles:

1x dried noodle nest (60g)  
1/2 red onion  
1 clove of garlic  
1 carrot  
1/2 yellow pepper  
**5ml (1 tsp) of oil**  
**Pinch of chilli flakes**  
50g frozen peas

**1/2 a 5ml spoon (1/2 tsp) of dried ginger**  
**1/2 a 5ml (1/2 tsp) spoon of white pepper**

**Container/fork to eat it.**



## Meatball bean stew:

2 sausages (meat or veggie)  
1/2 onion  
1 clove of garlic  
1/2 Stock cube  
**1 x 5ml spoon (1 tsp) of oil**  
100g white cabbage  
200g can of chopped tomatoes  
200g can of baked beans

**1 x 5ml spoon (1 tsp) mustard.**  
**Container.**



## Focaccia:

250g strong flour  
1 x 7g sachet of yeast  
1 clove of garlic  
30ml of olive oil  
**1 x 5ml spoon (1 tsp) of salt**  
**1 x 5ml spoon (1 tsp) dried rosemary.**

**Container that is oven proof**



## Veg Mac and cheese:

100g macaroni  
100g frozen mixed veg  
60g cheddar cheese  
25g butter/spread  
25g plain flour  
250ml semi-skimmed milk

**Container that is oven proof**



## Sweet and sour:

**10ml (2 tsp) corn flour**  
**10ml (2 tsp) soy sauce**  
**10ml (2 tsp) vinegar**  
**10ml (2 tsp) sugar**

20ml tomato sauce  
1 onion  
1 carrot  
1 clove garlic  
1/2 green pepper  
100g canned pineapple in juice  
1 small chicken breast or 100g canned chickpeas.

**Container.**



**ITEMS IN RED  
WILL BE PROVIDED  
BY THE SCHOOL**

## Mini quiches:

100g plain flour  
50g butter or baking fat (not margarine)  
1 large egg  
60ml milk  
60g frozen mixed veg  
25g cheddar cheese

**Container.**



## Fruit scones

250g self raising flour  
50g butter or margarine  
25g sugar  
125ml milk  
25g dried fruit

**Container.**



# YEAR 9 FOOD TECHNOLOGY INGREDIENTS (1)

## Chelsea buns:

250g strong white flour

1/2 5ml (1/2 tsp) spoon salt

1 x 5ml (1 tsp) spoon sugar

30g butter/hard baking fat (not margarine)

1 x 7g sachet of dried yeast

60g currents/raisins

20g mixed peel (optional)

20g sugar

150ml Milk

1 x 5ml (1 tsp) spoon mixed spice or cinnamon.



Container.

## Mini carrot cakes:

125g carrots

75g soft margarine

50g caster sugar

1 egg

100g self-raising flour

1 x 5ml or 1 tsp cinnamon

1 tsp baking powder

60g sultanas

6 muffin cases and a container to take them home



## Veggie Pasty:

300g plain flour

150g (75g margarine / 75g lard or solid white vegetable fat)

175g carrots coarsely grated

175g onions finely chopped

250g potatoes cut into cubes

25g cheese – grated

1 ½ x 5ml (1/2 tsp) spoon mixed herbs

3x15ml (3 tbsp) vegetable stock

Beaten egg/milk to glaze

Container.



## Spinach, chickpea and potato curry:

1 onion

1 clove of garlic

1x 5ml (1 tsp) spoon oil

1 x 5ml (1 tsp) spoon of curry powder

1 large potato

1 x 400g can chopped tomatoes

300g can chickpeas

100g frozen spinach

Container.



**ITEMS IN RED  
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# YEAR 9 FOOD TECHNOLOGY INGREDIENTS (2)

## Beefy baked bean cottage pie:

- 1 large potato
- 1 small onion
- 1 small carrot
- 100g beef /Quorn mince
- 200g can of baked beans

1 15ml (1 tbsp.) Worcestershire sauce

**Oven proof dish.**



## ITEMS IN RED WILL BE PROVIDED

### Chilli con carne:

- 1 onion
- 1 clove of garlic
- 1/2 green pepper
- 1x 10ml (2 tsp) oil
- 400g can of chickpeas
- 1 x 10ml spoon of flour
- 1x stock cube
- 200g can of red kidney beans
- 1 x 15ml spoon tomato puree

1-2 5ml spoons ( 1-2 tsp) of chili powder

**Container.**



### Pasta bake:

- 1 onion
- 1 clove of garlic
- 100g dried pasta
- 2 meat or veggie sausages

1 x 10ml (2 tsp) spoon oil

- 80g frozen spinach
- 1 carrot
- 400g can chopped tomatoes

1 x 5ml spoon (1 tsp) dried mixed herbs

30g cheddar cheese.

**Oven proof dish.**



### Fish cakes:

- 1 large potato
- 125g canned fish
- 100g frozen sweetcorn and peas
- 30ml milk
- 1 small egg

2 x 15ml spoons (2 tbsp.) of plain flour

40g breadcrumbs

**Container.**



### Curry and naan:

2x 15 ml (2 tbsp.) oil

- 1 onion
- 1 chicken breast/Quorn
- 2 x 15 ml spoon of tikka/tandoori paste
- 150ml single cream or natural yoghurt
- 300g strong plain flour
- 125ml milk
- 125ml natural yoghurt

1/2 5ml spoon (1/2 tsp) of salt

2x 5ml spoon (2 tsp) of oil

**Container.**



### Fruit cobbler:

- 1Kg seasonal fruit (pears/apple/plum)
- 100g demerara sugar
- 150g self raising flour
- 60g butter
- 50g caster sugar
- 1 egg
- 30ml milk

**Oven proof dish**



### Pizza:

- 220g strong plain flour
- 1/2 x 5ml (1/2 tsp) salt
- 1 x 5ml easy dried yeast
- 2 x 15 ml of tomato puree
- 1 400g tin of chopped tomatoes
- 100g grated cheese

Pinch of mixed herbs

Toppings of choice  
(no uncooked meat)

**Container.**



### Cheese cake:

- 150g digestive biscuits
- 75g butter
- 225g mascarpone/soft cheese
- 50g icing sugar
- 250ml double cream
- 1 lemon

**Round cake tin/tin foil container/ dish to set it in.**