

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

Couscous Salad:

Ingredients

- 1 vegetable stock cube
- 100g couscous
- 1 carrot
- 1/2 red onion
- ¼ cucumber
- 100g sweetcorn
- 25g sultanas
- 1 x 15ml spoon (1 tbsp) salad cream



Black pepper

Container

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

**REMEMBER TO BRING
A DISH TO COOK /TAKE
HOME IN IF NEEDED
THESE CANNOT BE
PROVIDED**

Fruit Salad:

Ingredients

- 1 x Apple
- 1 x Pear
- 1 x Banana
- A few grapes
- A few strawberries



**CHOOSE ONLY 3 FROM THE
ABOVE**

1 X SM CARTON APPLE/
ORANGE JUICE

Veggie Pizza Toast:

Ingredients

- 1 x slice of bread/pitta
- 1 x 15ml (1Tbsp) pizza sauce
- 1/2 pepper
- 1 x spring onion
- 1 x mushroom or some sweetcorn
- 30g cheddar or other hard cheese e.g. edam



Dried mixed herbs (sprinkle)

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

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.**

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.

Veg Mac and cheese:

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



Oven proof dish to bake your Mac & Cheese in.

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PLEASE REMEMBER A CONTAINER AS THESE CANNOT BE PROVIDED

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

Fruit scones

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



Container

Chilli Veg noodles:

- 1x dried noodle nest (approx.60g)
- 1/2 red onion
- 1 clove of garlic
- 1 carrot
- 1/2 yellow pepper
- 50g frozen peas
- 5ml (1 tsp) of oil
- Pinch of chilli flakes
- 1/2 a 5ml spoon (1/2 tsp) of dried ginger
- 1/2 a 5ml (1/2 tsp) spoon of white pepper



Container to take home in.

Rosemary 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 to cook your focaccia in.

YEAR 9 FOOD TECHNOLOGY INGREDIENTS (1)

ITEMS IN RED
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Pizza Wheels:

- 250g strong white bread flour
- 1 x 7g packet fast action dried yeast
- 1 x 5ml (1 tsp) salt
- 1 x 5ml (1 tsp) sugar
- 150ml warm water
- 1 x 15ml (1 tbsp) oil

Filling

- 1 x ball Mozzarella or 50g cheddar cheese
- 1 small onion
- 3 mushrooms
- 1 small tomato
- 1 handful of fresh Basil
- 1 small jar of pizza sauce or 3 x 15ml (tbsp) of tomato puree

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

Ginger biscuits

- 100g Self raising flour
- 1 tsp (5ml) ground ginger
- 40g granulated sugar
- 50g butter/margarine
- 2 tbsp. (30ml) golden syrup
- 1 tsp (5ml) bicarbonate of soda



Container

Gluten free- Orange and coconut tray bake:

- 210 g gluten free self raising flour
- 260 g natural yoghurt
- 180 g caster sugar
- 80 ml vegetable oil
- 3 eggs
- 55 g desiccated coconut
- Zest of one orange



For the glaze:

- 60 g icing sugar
- 1 tbsp orange juice
- Desiccated coconut and orange zest (for decorating)

Cake tin/sponge tin approx. 20x 20cm

YEAR 9 FOOD TECHNOLOGY INGREDIENTS (2)

Curry and naan:

For curry:

2x 15 ml (2 tbsp.) oil

1 onion

1 chicken breast/Quorn

2 x 15 ml spoon (2 Tbsp) of tikka/tandoori paste

150ml single cream or natural yoghurt

For Naan bread:

150g strong plain flour

65ml water

65ml natural yoghurt

1/4 tsp of salt

5ml (1 tsp) oil

Container to take food home in



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Jerk chicken:

1 x sweet potato

1 x pepper

1 x small can pineapple chunks in juice

1 x lime

2 chicken thighs fillets

2 x 5ml (tsp) jerk seasoning

Oil

Optional garnish

2 x spring onions

25g coriander

50g low-fat Greek style yoghurt

Baking dish to cook and take home in approx. 30x30cm



Fish cakes:

1 large potato

125g canned Tuna fish

100g frozen sweetcorn and peas

30ml milk

1 small egg

40g breadcrumbs

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

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

