

Year 8 Food and Nutrition

Recipe Information

This recipe book contains all the recipes needed for the Year 8 Food Technology rotation. Students will need to bring ingredients and a **container** to take their products home in. Students will be given at least a week's notice for ingredients on Edulink.

If there are any problems in getting ingredients please email Miss Gorman - gormanc@adeyfield.aetrust.uk in advance of the lesson please, so we can ensure ingredients are available and your child does not miss out on vital practical lessons. Recipes can be added to or changed with suitable ingredients at home you may have closer to the date. **Ingredients will need to be weighed out at home before the lesson and stored in their Food Technology room before registration.**

As part of our health and safety procedures, we track any allergies and food choices for each student at the start of the rotation.

Students will be notified on Edulink about the date that ingredients are required.

If students receive free school meals or pupil premium then the school also provides ingredients for them, however they will need to bring their own containers to each practical lesson.

<u>Module of Learning</u>	<u>Recipe</u>	<u>Skills</u>
Starchy Carbohydrates <i>Chinese Cuisine</i>	Chow Mein	Chopping, frying, boiling, hob safety
Fats and Oils <i>Netherland Cuisine</i>	Dutch Apple Cakes	Chopping, sieving, whisking, baking, oven safety
Introduction to Pastry <i>French Cuisine</i>	Mini Quiches	Sieving, rolling, shaping, baking, oven safety
The role of spices in cookery Sensory Analysis	Ginger Bread	Measuring, shaping, baking, sensory analysis
Savoury international dish of choice.	Student to research recipe.	TBC

<u>Chow Mein with bean sprouts</u> Ingredients needed on: 2 nests of medium egg noodles 1 tsp vegetable oil 3 spring onions 200g beansprouts Soy sauce to serve LIDDED CONTAINER THAT TO CARRY YOUR FOOD HOME IN!	<u>Mini Quiches</u> Ingredients needed on: 125g plain flour 65g butter Sliced cooked ham (optional) 40g grated cheese 1 tbsp peas or sweetcorn 1 egg 50ml milk LIDDED CONTAINER THAT TO CARRY YOUR FOOD HOME IN!
<u>Dutch Apple Cakes</u> Ingredients needed on: 100g caster sugar 100g butter 2 eggs 100g self raising flour 1 x tsp spoon baking powder 1 eating apple 1 x tsp spoon cinnamon 1 x tsp spoon demerara sugar LIDDED CONTAINER THAT TO CARRY YOUR FOOD HOME IN!	<u>Spiced Biscuits</u> Ingredients needed on: 50g salted butter 3tbsp golden syrup or honey 1 egg (other ingredients to be provided by the school) LIDDED CONTAINER THAT TO CARRY YOUR FOOD HOME IN!