

Year 9 Food and Nutrition

Recipe Information

This recipe book contains all the recipes needed for the Year 9 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.

Please note that this may be subject to change due and if it does change, then students will be notified on Edulink.

<u>Module of Learning</u>	<u>Recipe</u>	<u>Skills</u>
Fakeaway, reducing sugar in sauces and adding vegetable boosts to dishes. <i>Chinese Cuisine</i>	Sweet and Sour Chicken	Chopping, stir-frying, reducing sugar in sauces, vegetable boosts, hob safety
Reducing sugar and fat in recipes. <i>American Cuisine</i>	Homemade Burger	Working with high risk foods, shaping, chopping oven safety
Recipe adaptation to a specific dietary need. <i>International Cuisine</i>	Classic Takeaway Dish (3 recipes to choose from)	Chopping, frying, reducing, boiling, working with spices.
Sensory analysis and the role of fibre in the diet.	Fruit scones	Measuring, shaping, baking.

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>Sweet and Sour Chicken</u> Ingredients needed on: 200g tinned pineapple 1 Boneless chicken breast 1 onion 1 red pepper or 1 green pepper 1 garlic clove 1 jar of sweet and sour sauce LIDDED CONTAINER THAT TO CARRY YOUR FOOD HOME IN!	<u>Homemade Burger</u> Ingredients needed on: 200g beef/turkey/chicken mince 1/2 red onion 2 Burger buns of choice (wholemeal if possible) Salad garnish of choice <i>For vegetarian/vegan I will provide a new recipe, quorn mince won't work so well so please do not substitute)</i> LIDDED CONTAINER THAT TO CARRY YOUR FOOD HOME IN!
<u>Recipes from around the World</u> Ingredients needed on: Students can adapt a recipe from a choice of 3 curries from around the world. Recipe sheets for their chosen dish will be provided to students and sent home. Students can choose to amend the following: Chicken Shish Kebab Chicken Tikka Masala Dough based pizza	<u>Fruit Scones</u> Ingredients needed on: 1 large eating apple or pear 250g self raising flour 40g butter 25g sugar 1 tsp ground ginger, cinnamon or mixed spice 125ml milk LIDDED CONTAINER THAT TO CARRY YOUR FOOD HOME IN!