

Year 8 Ingredients Lists for Food Technology

Omelette

Ingredients

2 free range eggs
20g cheese—cheddar
1 slice ham (optional)
7g unsalted butter**

Carrot cakes

75g margarine
125g carrots
100g sugar
100g plain flour
1 egg
75g sultanas (optional)
6 muffin cases
1 tspn baking powder**
Container to take home in
** provided by school

Sweet Scones

250g self raising flour
50g block margarine
75g sweet flavour (dried fruit/cherries)
25g caster sugar
125ml milk**
**provided by School

Tikka Kebabs

1 small pot low fat natural yoghurt
2 boneless, skinless chicken breasts
(or pork/quorn etc)
6 cherry tomatoes
Other veg eg. Pepper, onion, mushrooms
2 tblspns curry paste
** 6 wooden skewers
Container to take them home in
** THESE ITEMS PROVIDED BY SCHOOL

Banana Cakes

100g soft margarine
100g caster sugar
2 eggs
1 large/2 small bananas
125g wholemeal SR flour
12 fairy cake cases
1tblspn water (if needed)**
Container to take them home

Pin wheel Scones

250g self raising flour
50g block margarine
3 tablespns pizza topping
50g hard cheese
125ml milk**
Mixed herbs/oregano**
**items provided by School

Spaghetti Bolognese

Ingredients

1 onion
1 clove garlic
1 carrot
1 celery stick
250mg lean minced beef
1 can chopped tomatoes (400g)

Chilli

Ingredients

1 onion. 1 tin kidney beans
250g lean minced beef
1 can chopped tomatoes
1 teaspoon chilli powder**
1x15ml oil**
1x15ml spoon tomato puree**

Basic Burger Recipe

400g minced beef/pork/lamb/quorn

1 small onion

1 egg

1 bread roll & small amount of salad

(if you want to cook/eat 1 at school)

Breadcrumbs**

Salt and pepper**

garlic/herbs/cumin/cinamon/chilli**

**provided by school

**If you require other specific ingredients
please bring these yourself.**

Container

Pasta salad

100g uncooked pasta shapes

2 tablespoons dressing

Your choice of ingredients:

1 protein: cooked meat, cheese,
egg etc.

1/2 Lettuce, 1 carrot,,1 tomato,
1/2 cucumber, spring onions,
radishes, peppers, beetroot,
sweetcorn etc.

Container with lid

Chicken and bacon pasta

25g margarine/butter

1 large chicken breast

2 rashers of bacon

50g mushrooms

2 spring onions

150ml milk

2 tablespoons crème fraîche

200g dried pasta ***

1 level tablespoon flour***

Salt/pepper***

1/2 teaspoon parsley***

Container with lid

***** school will provide these items**

Optional alternatives to chicken/bacon:

Tuna/sweetcorn

Vegetables (peppers, courgette, sweetcorn)

Bread

400g strong white (bread) flour

1 sachet dried yeast

1 teaspn sugar**

1 teaspn oil**

1/2 teaspn salt**

approx. 200ml water**

Food bag/container

** items provided by school

Pizza

You will have already made dough at school.

Bring:

2 tablespns tomato sauce/pizza topping

75g cheese

3-4 toppings : tomato, ,pepperoni, ham,

Peppers, mushrooms, tuna etc.

Herbs**

Container

**** provided by school**

Fajitas

1 small chicken breast

1 onion

1 pepper

50g mushrooms

25g cheddar cheese

3 tortilla wraps

1 15ml spn salsa or guacamole

Cookies

100g soft margarine

100g caster sugar

180g self raising flour

60g flavouring (eg. Choc
chips, dried fruit)