

Food and cookery Skills

Group 9x/fd

9-week rotation

Your child is studying food for the next 9 weeks. They will be required to bring in ingredients fortnightly in the blue week (week two) and on Friday. The exact dates are in the table below. I have included what ingredients are needed; note that anything with a line through it will be available in school for students to use

They should make sure they weigh and measure at home where possible and **bring ingredients in a named container**

I have no problems with ingredients being swapped to suit families and individuals, suitable modifications will be discussed in class

Please email me if you have any problems. esm@hartismere.com

Date	Dish	Ingredients needed
17/5/24	Beef burgers	<p>Beef burger recipe</p> <p>1 small onion, diced</p> <p>250g good-quality beef mince</p> <p>1 egg</p> <p>2 bread rolls</p> <p>extra fillings- cheese gherkins sauceetc</p> <p>1 tbsp vegetable oil</p>
7/6/24	<p>Pizza</p> <p>Half of the sauce will be frozen and used in the next practical.</p> <p>Please send 1 freezer bag</p>	<p>Ingredients</p> <p>500g strong white flour</p> <p>1 sachet of fast action yeast</p> <p>½ teaspoon spoon salt</p> <p>c.250 ml warm water</p> <p>2 x 15ml spoon oil</p> <p>Sauce:</p> <p>1 onion</p> <p>1 tin tomatoes</p> <p>1 clove garlic</p> <p>1 tablespoon oil</p> <p>toppings:</p> <p>150g cheese</p> <p>toppings of choice</p>
21/6/24	Fresh pasta and sauce	<p>1 medium egg</p> <p>Optional :one or two ingredients to add to the tomato sauce made last week for example ham, herbs, pepperoni, mushrooms peppers etc</p> <p>Flour will be provided by school</p>

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5/7/24	Southern fried chicken and coleslaw	Southern fried chicken recipe 2 pieces of chicken 200ml milk seasoned flour provided by school <u>for the coleslaw</u> ¼ white cabbage 1 carrot one small onion <u>For the mayonnaise</u> 1 egg 125ml vegetable oil 1 tsp Dijon mustard 1 teaspoon lemon juice

You will notice that some ingredients have a line through them. These ingredients are provided by school, so pupils do not need to purchase them but may use them.

If this schedule changes I will speak to students in class and notify them through google classrooms.

Thank You

Mrs Smith