Shopping lists: Year 9 Food Technology

Please **bring a plastic container** to <u>**every practical**</u> with your **name clearly visible.**

School will provide salt, pepper, garlic, oils, spices & herbs needed for these practicals.

<u>**Bolognaise**</u>   Date: _____

Ingredients:
- 200g-400g minced beef/ vegetarian mince/ lentils
- 1 x 400g can tomatoes
- 1 tablespoon tomato puree
- 1 onion
- 100g mushrooms (optional)1 pepper (optional)

Container with a lid.

<u>**Stuffed Peppers**</u>   Date: _____

Ingredients:
- 2 or 3 even sized peppers
- 1 onion or 2/3 spring onions

Optional ingredients:

Choose 50g: bacon, chorizo, ham, pepperoni, cheese, sweetcorn, peas, sundried tomatoes, cherry tomatoes, olives, mushroom, leek, courgette etc.

Container with a lid.

<u>**Sausage Rolls**</u>   Date: _____

Ingredients:
- 1 block of puff pastry
- 6-8 thick sausages
- 1 egg

Container with a lid.

<u>**Chocolate Chip Muffins**</u>   Date: _____

Ingredients:
- 140g self raising flour
- 1 medium egg
- 125ml milk
- **75mls oil**
- 90g caster sugar
- 15g cocoa/drinking chocolate (School will provide if you have none at home).
- 50g chocolate chips

Container with a lid.

<u>**Chicken Goujons/ Cauliflower wings**</u>

Date:_____

Ingredients:
- 1 chicken breast / ½ cauliflower
- 1 egg

Container with a lid.

<u>**Lemon Tray Bake**</u>   Date: _____

Ingredients:
- 100g Soft Spread
- 100g Caster Sugar
- 100g Self Raising Flour
- 2 Eggs
- 1 Lemon (Zest/Juice)

School will provide foil cake tray for this practical

<u>**Chicken and Coconut Curry**</u>   Date: _____

Ingredients:

1 x onion

200ml can light coconut milk

200g-400g chicken/Quorn.

Optional

1 x 8 x mushrooms/ 1 x pepper / Mange tout / Baby corn / Sweetcorn

OR

<u>**Sweet and Sour Chicken/vegetables**</u>

Date:_____

200g-400g chicken/Quorn

1 x onion

1 x pepper

1 small can pineapples

1 tbsp tomato puree

Container with a lid

<u>**Family meal ingredients**</u> Date:

_____

Ingredients:

Dish/Container with a lid