

Shopping lists: Year 9 Food Technology

Please **bring a plastic container to every practical** with your **name clearly visible**.

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

Bolognese

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.

Chicken Goujons/ Cauliflower wings

Date: _____

Ingredients:

- 1 chicken breast / ½ cauliflower
- 1 egg

Container with a lid.

Stuffed Peppers

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.

Lemon Tray Bake

Date: _____

Ingredients:

- 100g Soft Spread
- 100g Caster Sugar
- 100g Self Raising Flour
- 2 Eggs
- 1 Lemon (Zest/Juice)
- 50g Lemon Curd (optional)

For the icing:

- 50g Caster Sugar

School will provide foil cake tray for this practical

Sausage Rolls

Date: _____

Ingredients:

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

Container with a lid.

Chocolate Chip Muffins

Date: _____

Ingredients:

- 140g self raising flour
- 1 medium egg
- 125ml milk
- **75mls oil**
- 90g caster sugar
- 15g cocoa/drinking chocolate
- 50g chocolate chips

Container with a lid.

Tomato Pasta Bake Date: _____

Ingredients:

300g pasta

1 x 400g tomatoes

1 onion

Choose from 50-100g: bacon, chorizo, ham, pepperoni, cheese, sweetcorn, peas, sundried tomatoes, cherry tomatoes, olives, mushroom, leek, courgette etc.

OR

Creamy Pasta Bake

300g pasta

100g grated cheese

500ml milk

40g plain flour

40g soft spread/butter

Choose from 50-100g: bacon, chorizo, ham, pepperoni, cheese, sweetcorn, peas, sundried tomatoes, cherry tomatoes, olives, mushroom, leek, courgette etc.

Container with a lid

Savoury Tray Bake

Date: _____

Ingredients:

Baking tray & tin foil to cover