

## Year 8 Food ingredients Autumn term 2

These are the ingredients which will be needed to cook this half term in Food Tec. Please check the group you are in (A or B) and bring in the correct ingredients needed for the week you are cooking in.

Week Commencing	Group	Ingredients
4/11/19 Naan Bread Pizza	A	<ul style="list-style-type: none"> <li>- 1 cup of self-raising flour</li> <li>- 2-3 TBSP of natural yoghurt</li> <li>- 2-3 TBSP of tomato paste OR tomato pizza sauce</li> <li>- 60g of hard cheese (eg.: cheddar, gruyere, ...)</li> <li>- <u>EXTRA</u>: add any topping you like (eg.: Italian herbs, mushrooms, onions, ham, pineapple,...)</li> <li>- <b>BRING</b> a large tub/container</li> </ul>
11/11/19 Naan Bread Pizza	B	<ul style="list-style-type: none"> <li>- 1 cup of self-raising flour</li> <li>- 2-3 TBSP of natural yoghurt</li> <li>- 2-3 TBSP of tomato paste OR tomato pizza sauce</li> <li>- 60g of hard cheese (eg.: cheddar, gruyere, ...)</li> <li>- <u>EXTRA</u>: add any topping you like (eg.: Italian herbs, mushrooms, onions, ham, pineapple,...)</li> <li>- <b>BRING</b> a large tub/container</li> </ul>
18/11/19 Chicken Chow Mein	A	<ul style="list-style-type: none"> <li>- 75g of dry egg noodles</li> <li>- 50g of chicken <b>OR</b> vegetarian alternative</li> <li>- 1 small onion</li> <li>- 1 garlic clove</li> <li>- <u>EXRTA</u>: 1 handful of beansprouts <b>and/or</b> ½ red pepper</li> <li>- 2 TBSP of Soy sauce</li> <li>- <u>EXTRA</u>: 2 TBSP of Sesame oil</li> <li>- <b>BRING</b> a tub/container</li> </ul>
25/11/19 Chicken Chow Mein	B	<ul style="list-style-type: none"> <li>- 75g of dry egg noodles</li> <li>- 50g of chicken <b>OR</b> vegetarian alternative</li> <li>- 1 small onion</li> <li>- 1 garlic clove</li> <li>- <u>EXRTA</u>: 1 handful of beansprouts <b>and/or</b> ½ red pepper</li> <li>- 2 TBSP of Soy sauce</li> <li>- <u>EXTRA</u>: 2 TBSP of Sesame oil</li> <li>- <b>BRING</b> a tub/container</li> </ul>
2/12/19 Minced Pies	A	<ul style="list-style-type: none"> <li>- 130 g plain flour</li> <li>- 60 g butter</li> <li>- 1 egg</li> <li>- 50 g Minced pie filling (in jar) OR jam</li> <li>- <b>BRING</b> a tub/container</li> </ul>
9/12/19 Minced Pies	B	<ul style="list-style-type: none"> <li>- 130 g plain flour</li> <li>- 60 g butter</li> <li>- 1 egg</li> <li>- 50 g Minced pie filling (in jar) OR jam</li> <li>- <b>BRING</b> a tub/container</li> </ul>
16/12/19	A + B	Re-try a recipe of your choice. Decide with your partner which recipe you both liked doing together and arrange who is bringing which ingredients.

