

YEAR 7 FOOD TECHNOLOGY INGREDIENTS

Apricot Flapjack:

Ingredients

150g butter/margarine
100g light brown sugar
50g golden syrup
225g oats
100g dried apricots
chopped or similar
dried fruit



1

x 20cm sandwich tin /
oven proof dish to make

Couscous Salad:

Ingredients

1 vegetable stock
cube
100g couscous
1 carrot
1/2 red onion
¼ cucumber
100g sweetcorn
25g sultanas

1 x 15ml spoon (1 tbsp) salad
cream

Black pepper

Container



**ITEMS IN RED
CAN BE PROVIDED
BY THE SCHOOL**

REMEMBER TO BRING
A DISH TO COOK /TAKE
HOME IN IF NEEDED
THESE CANNOT BE
PROVIDED

Fruit Salad:

Ingredients

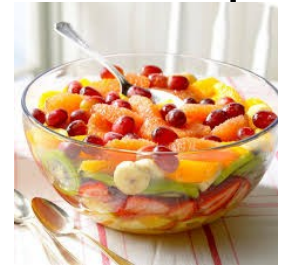
1 x Apple
1 x Pear
1 x Banana
A few grapes

A few strawberries

CHOOSE ONLY 3 FROM THE
ABOVE

1 X SM CARTON APPLE/
ORANGE JUICE

Container with a lid



Veggie Pizza Toast:

Ingredients

1 x slice of bread/pitta
1 x 15ml (1Tbsp) pizza sauce
1/2 pepper
1 x spring onion
1 x mushroom or some sweetcorn
30g cheddar or other hard cheese e.g. edam

Dried mixed herbs (sprinkle)

Container



Halloumi Goujons

Ingredients

1 x pack Halloumi
80g cornflakes
1 x lemon
1 x tsp (5ml) mixed herbs
1 x egg
4 x tbsp. flour
1 x sandwich bag

Container



Fruit Crumble

Ingredients

500g Apples
50g sugar (to sweeten fruit)
100g plain flour
50g butter/margarine
50g sugar to sweeten crumble

Oven proof dish to bake
your crumble in



YEAR 8 FOOD TECHNOLOGY INGREDIENTS

Breakfast Muffins:

250g self raising flour

2x 5ml spoons (2 tsp) of baking powder

100g sugar

230ml semi-skimmed milk

1 egg

60ml oil

150g canned fruit in juice.

12 muffin cases and container.



Veg Mac and cheese:

100g macaroni

100g frozen mixed veg

60g cheddar cheese

25g butter/spread

25g plain flour

250ml semi-skimmed milk

Oven proof dish to bake your Mac & Cheese in.



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Soda Bread:

175g plain flour

1/2 tsp bicarbonate of soda

Pinch of salt

150ml buttermilk or 75g yoghurt and 75g milk

Choose 2 small amounts of items from fridge e.g. cheese, ham, olives, spring onions

Container



Fruit scones

250g self raising flour

50g butter or margarine

25g sugar

125ml milk

25g dried fruit

Container



Chicken Fajitas:

1/2 lime

1/2 green chilli

1 clove garlic

A few sprigs of fresh coriander (optional)

2 x tsp oil

1 x chicken breast

A few spring onions

1/2 green pepper

1 tomato

25g cheddar cheese

2 tortilla wraps

Container



Rosemary Focaccia:

250g strong flour

1 x 7g sachet of yeast

1 clove of garlic

30ml of olive oil

1 x 5ml spoon (1 tsp) of salt

1 x 5ml spoon (1 tsp) dried rosemary.

Container that is oven proof to cook your focaccia in.



YEAR 9 FOOD TECHNOLOGY INGREDIENTS (1)

Pizza Wheels:

250g strong white bread flour
1 x 7g packet fast action dried yeast
1 x 5ml (1 tsp) salt
1 x 5ml (1 tsp) sugar
150ml warm water
1 x 15ml (1 tbsp) oil

Filling

1 x ball Mozzarella or 50g cheddar cheese
1 small onion
3 mushrooms
1 small tomato
1 handful of fresh Basil

1 small jar of pizza sauce or 3 x 15ml (tbsp) of tomato puree

Container



ITEMS IN RED
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CONTAINER AS THESE
CANNOT BE PROVIDED

Gluten free- Orange and coconut tray bake:

210 g gluten free self raising flour
260 g natural yoghurt
180 g caster sugar
80 ml vegetable oil
3 eggs
55 g desiccated coconut

Zest of one orange

For the glaze:
60 g icing sugar

1 tbsp orange juice

Desiccated coconut and orange zest (for decorating)

Cake tin/sponge tin approx. 20x 20cm



Pasty:

150g plain flour
40g block margarine chilled
35g white fat (lard/Trex) chilled
Approx. 5-6 tsp cold water
1 x onion finely chopped
150g potato cut into thin slices or diced very small
50g cheddar cheese grated
½ x tsp mixed herbs
1 x egg to glaze
CONTAINER TO TAKE HOME YOUR FOOD



Ginger biscuits:

100g Self raising flour
1 tsp (5ml) ground ginger
40g granulated sugar
50g butter/margarine
2 tbsp. (30ml) golden syrup
1 tsp (5ml) bicarbonate of soda

Container



YEAR 9 FOOD TECHNOLOGY INGREDIENTS (2)

Tuna & Tomato pasta bake:

250g pasta penne

1 x tbsp oil

1 x small onion, peeled and chopped

1 x garlic clove

1 x 400g tin chopped tomatoes

1 x can tuna, drained

100g peas

75g crème fraiche or double cream

100g grated cheddar cheese

1 x tsp mixed herbs

Salt & pepper

OVEN PROOF DISH TO COOK IN

**CHECK THE SIZE BY PUTTING THE
UNCOOKED PASTA IN, IT SHOULD FILL
½ YOUR DISH**



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Noodle Stir Fry:

1 x Dried noodle nest

1 x chicken breast/Quorn

2 x tbsp. oil

½ x courgette peeled lengthways with
a vegetable peeler (ribbioned)

½ red pepper deseeded and cut into
thin strips

½ red onion thinly sliced

1 x carrot peeled and cut into ribbons

150g bean sprouts

(sweet and sour sauce will be provided
by the school)



Cheese cake:

150g digestive biscuits

75g butter

225g mascarpone/soft cheese

50g icing sugar

250ml double cream

1 lemon



**Round cake tin/tin foil
container/dish to set it in**

Fruit cobbler:

1Kg seasonal fruit (pears/apple/
plum)

100g demerara sugar

150g self raising flour

60g butter

50g caster sugar

1 egg

30ml milk



Oven proof dish