

Year 8 Food Technology Ingredients

Upside down pudding

25g butter (for the caramel)

100g butter/spread (for the sponge)

25g soft brown sugar (for the caramel)

100g caster sugar (for the sponge)

100g self-raising flour

2 eggs

60g tinned fruit (e.g. Pineapple)

4 glacé cherries or similar to decorate

Container to transport home

Pizza

Dough

250g strong bread flour/ plain flour

1/2tsp easy bake yeast

25g butter/spread

Pinch of salt & 150ml tepid water (supplied at school)

Tomato Sauce

450g tin of chopped tomatoes/ passata

1 small onion

1 clove of garlic

1 tsp tomato puree

1 dsp mixed herbs

Your choice of toppings and container to transport home

Pasta Dish

Spaghetti Bolognese

1 small onion

250g minced beef/ Quorn

1 clove of garlic

1 tbsp tomato puree

1 tbsp mixed herbs

1 tin of chopped tomatoes

1 stock cube

200g dried spaghetti

Seasoning, Worcestershire sauce and oil- supplied by school

Container to transport home

Carbonara

100g bacon lardons/pancetta

2 eggs

1 clove of garlic

50g grated parmesan

Oil or butter

1 tbsp chopped fresh parsley as a garnish (optional)

Salt and pepper

200g dried spaghetti

Container to transport home

Lasagne

Meat sauce

250g minced beef/ Quorn

1 small onion

1 clove of garlic

Carrot and celery (optional)

1 tbsp mixed herbs

1 tbsp tomato puree

1 tin of chopped tomatoes

6 dried lasagne sheets

Seasoning & oil- supplied by school

Cheese sauce

400ml milk

15g butter

15g plain flour

150g cheddar cheese

25g parmesan/cheddar for topping

Ovenproof dish to transport home (this item will be cooked at home)