

Year 8 Practical Cookery – Ingredients Summary

Students have been encouraged to cook for their family. Please feel free to alter the quantities/ingredients (chicken jalfrezi, chilli con carne, spaghetti bolognese and sweet and sour chicken) to **suit the needs of your family**.

PLEASE ENCOURAGE YOUR SON/DAUGHTER TO SHARE SPLIT/SHARE INGREDIENTS WITH A FRIEND.

Step By Step power points for each practical dish can be found in your son/daughter's Design and Technology Google Classroom – part of the homework set each week is for students to go through the necessary power point to prepare for the practical.

Chicken Jalfrezi	Chilli Con Carne	Spaghetti Bolognese (GRADED PRACTICAL)	Sweet and Sour Chicken (GRADED PRACTICAL)	Cheesecake (15cm in diameter)	Jammy Blobs (makes 6)
Student to bring in: <ul style="list-style-type: none"> • 1 pepper (any colour) • 1 onion • 2 cloves garlic (OPTIONAL) • 1 or 2 chicken fillet breasts (NOT FROZEN) • 3 – 4 fresh tomatoes OR tinned tomatoes • CONTAINER 	Student to bring in: <ul style="list-style-type: none"> • 450g minced beef • 1 onion • 2 cloves garlic (OPTIONAL) • 1 can chopped tomatoes • 1 can red kidney beans OR kidney beans in chilli sauce OR baked beans 	Student to bring in: <ul style="list-style-type: none"> • 450g minced beef • 1 onion • 2 cloves garlic (OPTIONAL) • 1 can chopped tomatoes • Mushrooms, carrots etc. (OPTIONAL) • CONTAINER 	Student to bring in: <ul style="list-style-type: none"> • 1 or 2 chicken fillet breasts (NOT FROZEN) • 1 onion • 1 pepper (any colour) • 1 can pineapple chunks • CONTAINER 	Student to bring in: <p>PLEASE ENCOURAGE YOUR SON/DAUGHTER TO SHARE SPLIT /SHAREINGREDIENTS WITH A FRIEND.</p> Base <ul style="list-style-type: none"> • 50g butter OR margarine • 100g digestive biscuits 	Student to bring in: <ul style="list-style-type: none"> • 225g self raising flour • 100g butter OR margarine • 100g caster sugar • 1 egg • ½ jar of jam (e.g. strawberry) • CONTAINER

	<ul style="list-style-type: none"> CONTAINER 			<p>Filling</p> <ul style="list-style-type: none"> 75g cream cheese ½ small pot (57g) thick set yoghurt (e.g. fruit) 150ml double cream <p>Decoration</p> <ul style="list-style-type: none"> 4 mandarin segments OR any tinned fruit CONTAINER (bigger than 15cm in diameter) 	
<p>School to provide:</p> <ul style="list-style-type: none"> Oil Curry powder Tomato puree Seasoning 	<p>School to provide:</p> <ul style="list-style-type: none"> Chilli powder Paprika Tomato puree Oil Seasoning 	<p>School to provide:</p> <ul style="list-style-type: none"> Mixed herbs Tomato puree Beef stock cube Oil Seasoning 	<p>School to provide:</p> <ul style="list-style-type: none"> Vinegar Soya sauce Tomato puree Cornflour Sugar Oil Seasoning 	<p>School to provide:</p> <ul style="list-style-type: none"> 25g caster sugar 	