

Year 8 Food Technology – Ingredients Summary

Chicken Jalfrezi*	Bolognese*	Sweet and Sour Chicken*	Mini Frittatas	Raspberry Buns	Brownie
Bring in: • 1 or 2 chicken breast fillets • 1 tin chopped tomatoes • 2 fresh tomatoes • 2 garlic cloves (optional) • 1 onion • 1 green pepper • 1 tbsp tomato puree	Bring in: • Up to 450g minced beef • 2 garlic cloves (optional) • 1 onion • 1 tin chopped tomatoes • 2 tbsp tomato puree • Choose 2 vegetables: e.g: mushrooms, carrot, celery, bell pepper • 1 beef stock cube	Bring in: • 1 or 2 chicken breast fillets • 1 onion • 1 red or green pepper • 1 tin of pineapple chunks • 1 tbsp tomato puree	Bring in: • 50ml milk • 50g cheese • 3 eggs • 5 paper muffin cases • Choose at least 2 from: mushrooms, half a bell pepper, small onion, spring onion, cooked meats	Bring in: • 225g self-raising flour • 100g butter • 100g caster sugar • 1 large egg • 0.5 jar of jam	Bring in: • 300g soft brown sugar • 150g flour • 150g butter • 60g cocoa • 2 medium eggs
School provides: • 2 tbsp curry powder • Oil	School provides: • 1 tsp mixed herbs • Oil • Salt and pepper	School provides: • 1 tbsp vinegar • 1 tbsp soya sauce • 1 tbsp cornflour • 1 tbsp sugar • Oil	School provides: • Salt and pepper • Mixed herbs • Muffin cases (spares for students who cannot bring them in)	School provides: • N/A	School provides: • N/A
Bring in: Each week a suitably sized container is required to take food home.					

- * Please feel free to modify the quantities within these indicated recipes to suit the needs of your family
- Ingredients must be stored safely and correctly at the start of the school day
- The dates of each recipe will be communicated weekly to students