

Year 9 Practical Products and Ingredients

The focus of year 9 practical work is 'Dietary Requirements'. We will be making a range of products that require a number of skills and learn about the dietary requirements of groups of people.

Unless notified otherwise my practical lessons will be:

Week A = _____

Week B = _____

Ingredients needed		Date / Notes
1. Risotto		
1 onion 100g mushrooms 2 cloves garlic 125g risotto rice 1 stock cube or 1tsp stock powder 2 Chicken breasts or alternative protein <u>Optional Extras</u> 1tbsp parmesan 2tbsp cream cheese 1ts dried herbs (Oregano, Italian, Rosemary) Extra vegetables- pepper, peas, sweetcorn Chilli powder / fresh chilli Chorizo sausage		
2. Cottage Pie or Shepherd's Pie – Serves 4		
250g Lean minced lamb or beef 1 onion, finely diced 1 carrot, peeled and finely diced 1tbsp tomato puree 1 tbsp Worcestershire sauce 1 beef or lamb stock cube 1 tbsp of plain flour 3-4 large potatoes (approx.700g) 150ml milk and knob of butter An oven proof dish		<i>We will make and assemble the pie at school. To cook at home, preheat the oven to 200°C and bake for 20-25 minutes.</i> <i>You may wish to try other ingredients or flavourings in your pie. E.g. cheesy mashed potato or mint sauce with the stock in a shepherd's pie.</i>
3. Mini Quiche or Jam Tarts		
Tomato and Basil Quiche 100g plain flour 50g butter *2 – 3 x 15ml spoons of cold water 2 eggs 125ml semi-skimmed milk 2 tomatoes 50g cheese, e.g. Mozzarella, Gruyere or Cheddar Handful of basil leaves (optional) *Black pepper		Jam Tarts 100g plain flour 50g butter *2 – 3 x 15ml spoons of cold water 3-4 tbsp jam or lemon curd
		<i>For 'perfect' pastry, use 25g lard/Trex and 25g butter.</i> <i>Use may want to try making something different out of your shortcrust pastry, please check with Mrs Robinson first.</i> <i>If making a large quiche, please bring in a dish from home</i>

4. Bread rolls, Chelsea buns or Finnish fruit plait		
<p>Bread Rolls 300g strong white flour ½ x 5ml spoon salt 15g margarine 1 sachet quick acting yeast (7g) 200ml warm water Milk for glazing A few poppy/sesame seeds, optional</p>	<p>Chelsea Buns 250g strong white flour ½ teaspoon salt 15g margarine 125ml milk 1 sachet of quick acting yeast 25g margarine 75g currants 25g mixed peel 25g demerara sugar 1 teaspoon mixed spices or cinnamon</p>	<p><i>Students are to make a bread based product and may wish to use one of the recipes provided. Alternatively, students may choose a recipe of their own</i></p>
<p>Finnish fruit plait 250g white strong plain flour 1 x 15ml spoon mixed spice or cinnamon ½ x 5ml spoon salt 75g currants 25g mixed peel 1 x sachet quick acting yeast (7g) 25g caster sugar 15g margarine 125ml lukewarm milk 1 egg (medium)</p>		
5. Roux Sauce		
<p>Macaroni Cheese or Pasta Bake 25g Butter/margarine 25g plain flour 300ml milk 50g grated cheese *Salt and pepper to taste 100g pasta (macaroni)</p> <p><i>To make a <u>tuna and sweetcorn pasta</u>, just add in 1 tin of drained tuna and a tin of drained sweetcorn</i></p> <p><i>To make a <u>bacon and tomato pasta</u>, you will need 2 rashers of bacon and 1 large tomato.</i></p>	<p>Lasagne- Level 6+ only recipe 1 onion 1 clove garlic 1 carrot 1 x 15ml oil 250g lean minced beef 400g canned chopped tomatoes 1 x 15ml spoon tomato puree 100ml water 1 x 5ml spoon mixed herbs 6 lasagne sheets</p> <p>25g butter/soft margarine 25g plain flour 300ml semi-skimmed milk 50g Cheddar cheese Oven-proof dish / foil tray</p>	<p><i>Because of the complexity of the dish, students wishing to make a lasagne (to achieve higher levels) must check with Mrs Robinson first.</i></p>
6. Special Diet Development Dish		
<p>This will be a project that is carried out over a number of lessons. Students are asked to research a special diet group as part of their homework and adapt an existing recipe or design their own new recipe to meet the needs of their chosen target market.</p>		

